



Upland News

CONTINUOUS SERVICE SINCE 1894

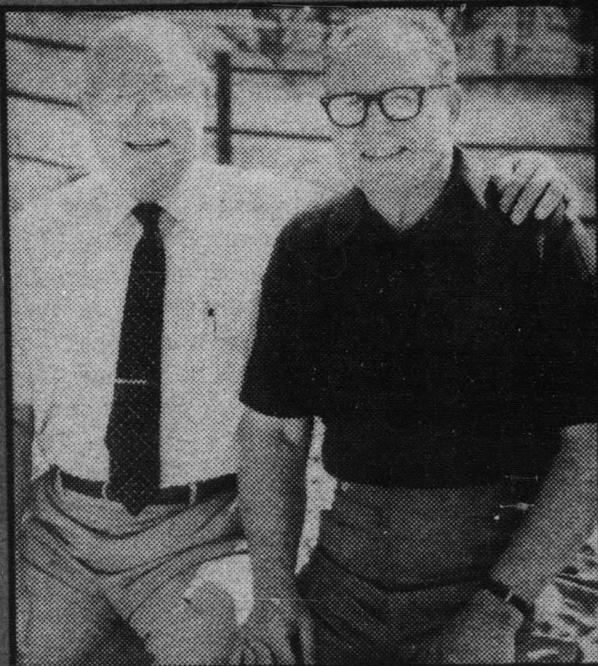
90th Year, No. 16

Thursday, May 30, 1985



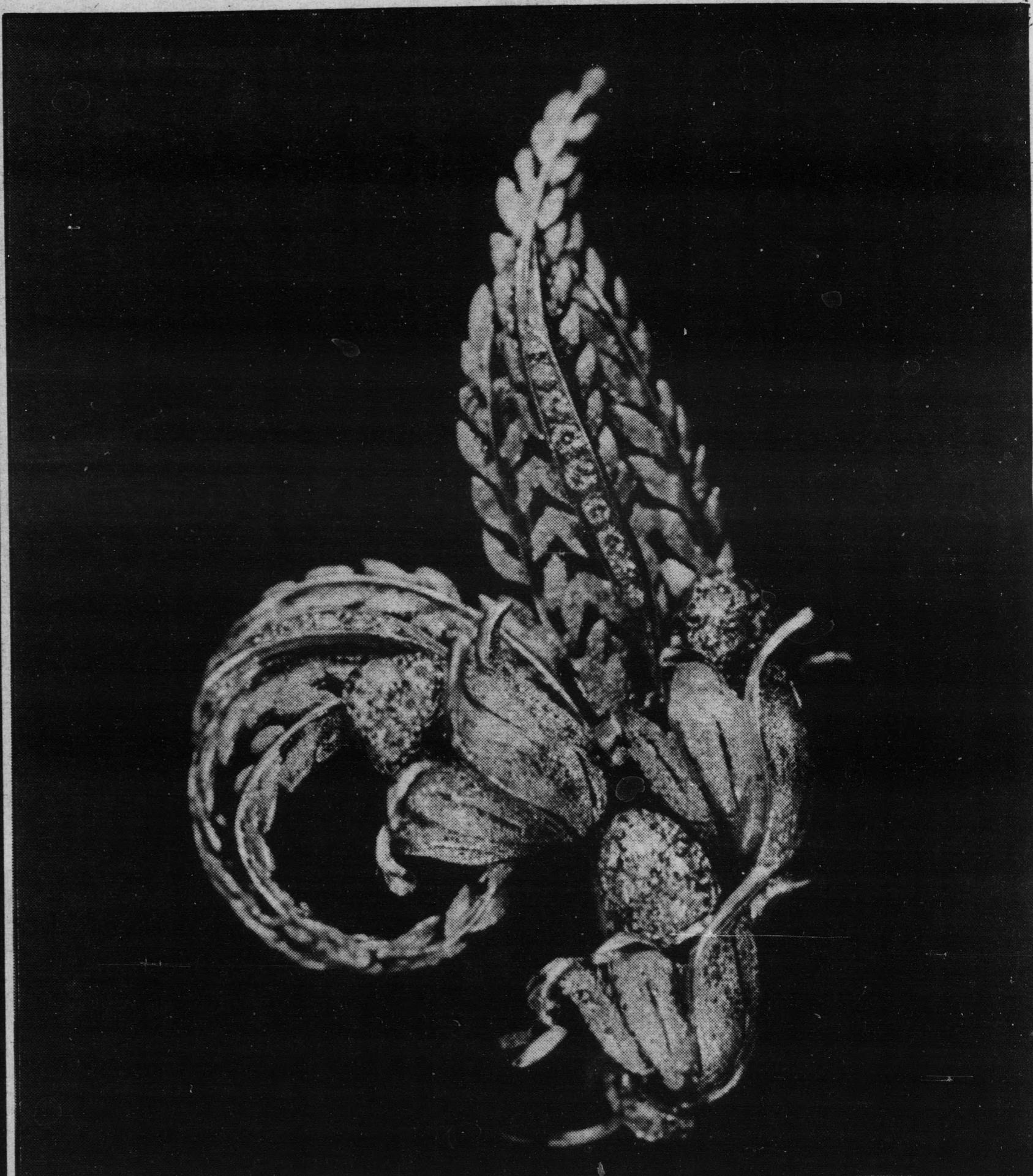
Learning bicycle safety

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Recalling 'The popular war'

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Custom made jewelry

Customized Metal & Stones

Diamonds still are a girl's best friend or even a man's for that matter.

And most would rather see them displayed in personalized jewelry than just a piece everyone could be wearing, according to Doug Morris, owner of Elite Jewelry at the Vault in Upland.

Customized jewelry is as popular as ever. Many want to revamp various pieces of family jewelry or to simply take the jewels and remake it all together.

Diamonds continue to be the favorite of jewelry lovers, followed closely by emeralds, rubies and sapphires.

Some custom-made jewelry stands the test of time and becomes valuable as estate pieces. Brooches probably top the list of most desirable estate jewelry items, while art deco rings from the 1920s continue to be popular.

Others satisfy the needs of only the customer and are relegated to the backs of dusty old jewelry boxes.

"Beauty definitely is in the eye of the beholder. Some estate jewelry I have put in the window to sell is gone in one day while other pieces have been around here for years," Morris said.

Jewell Maeder, a Vault customer, has a particularly large and intricate diamond wedding ring. Too big or heavy? No way.

"I never cared for anything puny," Maeder said with a smile.

Rings are especially popular items in customized jewelry, particularly for engagements and weddings. More and more men are having the tokens of their love specially made for their intendeds, he said.

Customers normally come in to the Vault with some type of design in mind. Morris works with them to come up with a design that can be duplicated in precious metals and gems.

Some designs can be cost prohibitive. Instead Morris said he tries to come up with a more affordable alternative.

Work begins with the design sketch. Then the design is carved in wax and if the customer likes it, a mold is made in whatever precious metal is being used. From there the ring is polished before the stone is set.

Achieving just the right look the customer wants, though, can be difficult. Morris said sometimes it takes two or three stabs at trying to make a particular piece.

If cleaning or some minor revamping is all a customer wants, the process takes less time. The business uses steam or ultrasonic waves in some instances to remove dirt from jewelry.

Mark Harold of Upland Goldsmiths Jewelers said about 90 percent of his business is in customized work.

"We have a few customers who want the more traditional pieces and some who pick mountings already made, but most of our customers are looking for something unique and something they can consider their own," Harold said.

"They come in here usually with the right idea but we have to put them on the right track as to how the stones and metals go together."

Working with gems and metals can be very difficult. "Emeralds are very soft stones, so are opals and pearls. You have to be careful with them," Harold said. "The metals are pliable and not hard to work with."

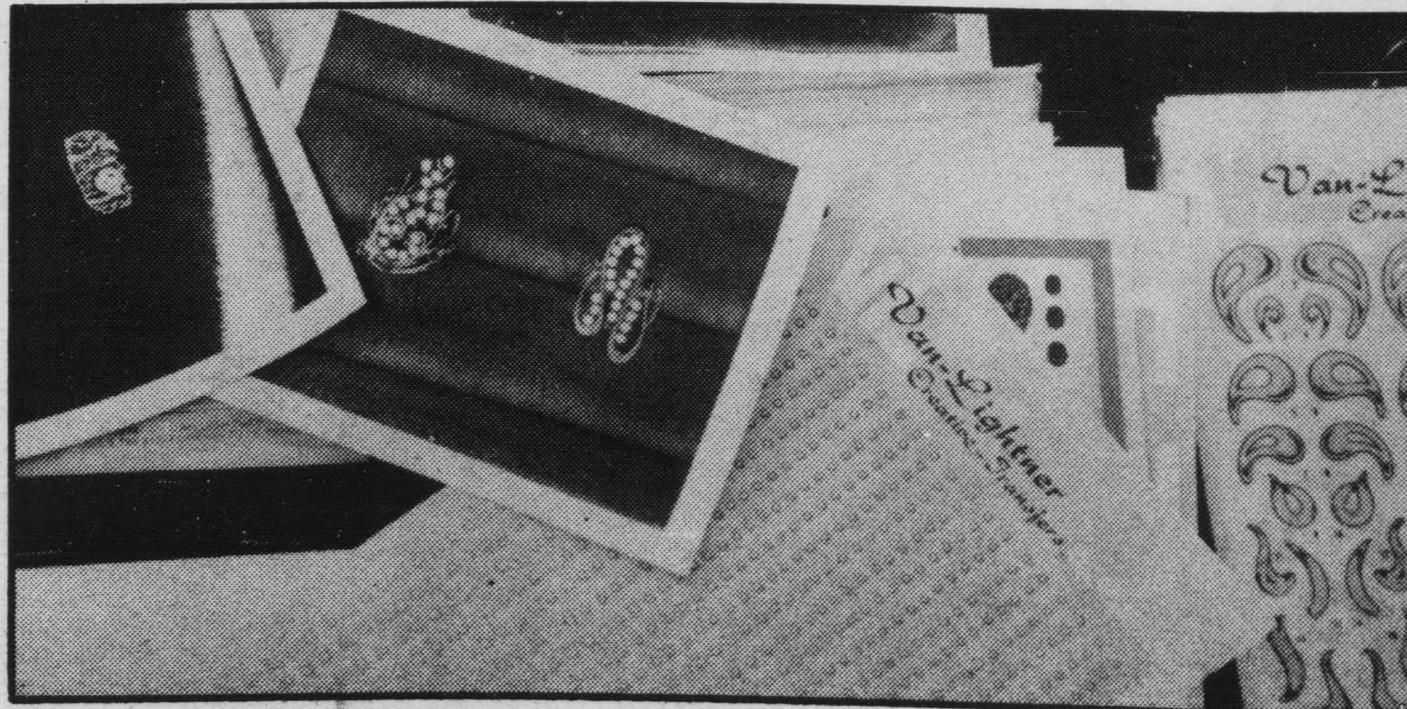
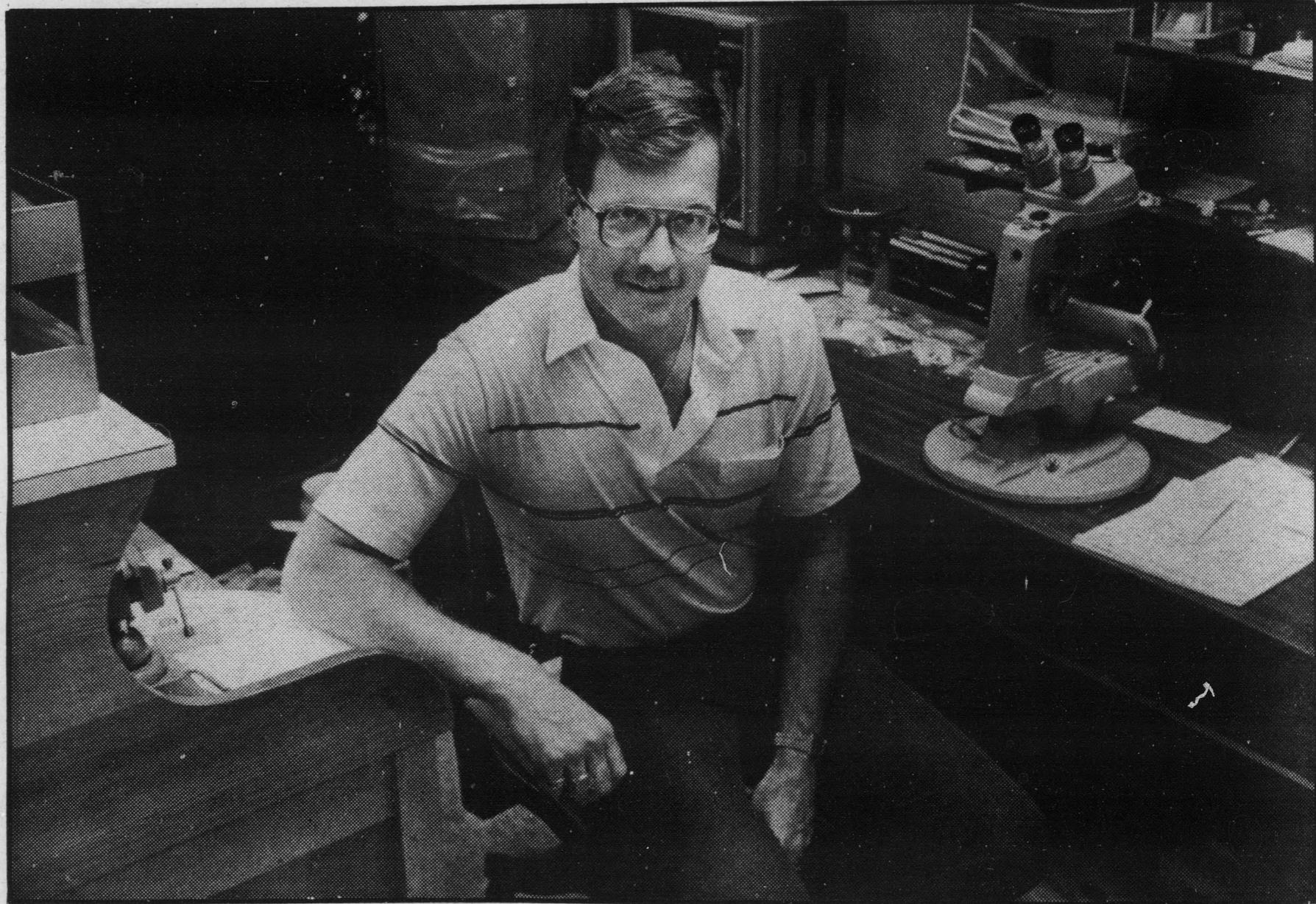
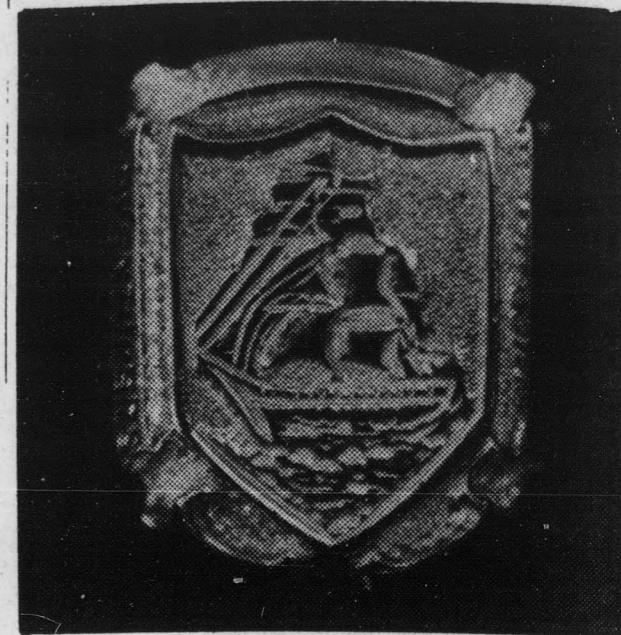
One of the hardest pieces Harold said he had to make was for one customer who wanted a triangular diamond arrangement with four diamonds all of different size. "It was hard but afterward it looked nice," he said.

While diamonds are particularly desired, most people want pieces in yellow gold or platinum. Platinum, very popular in the 1950s and early 1900s, is hard to work with because

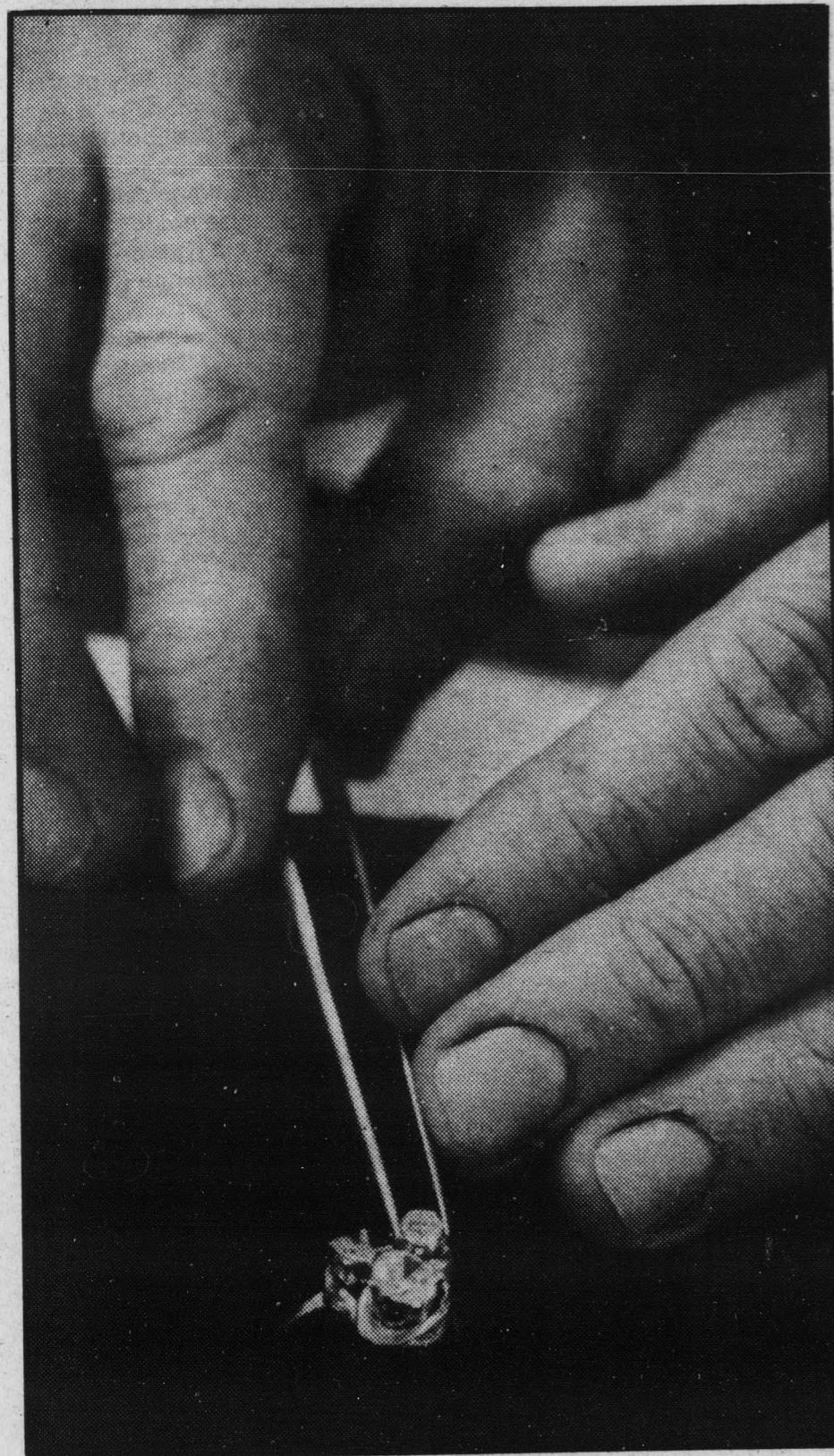
it is a hard metal, Morris said.

Customized jewelry making can be very time-consuming and meticulous. One of Morris' customers was a member of the Adventurers Club of Los Angeles who wanted an intricate ship, plane and helicopter design etched in his gold ring.

It took between five to seven weeks from the time the design was made to the completed product.

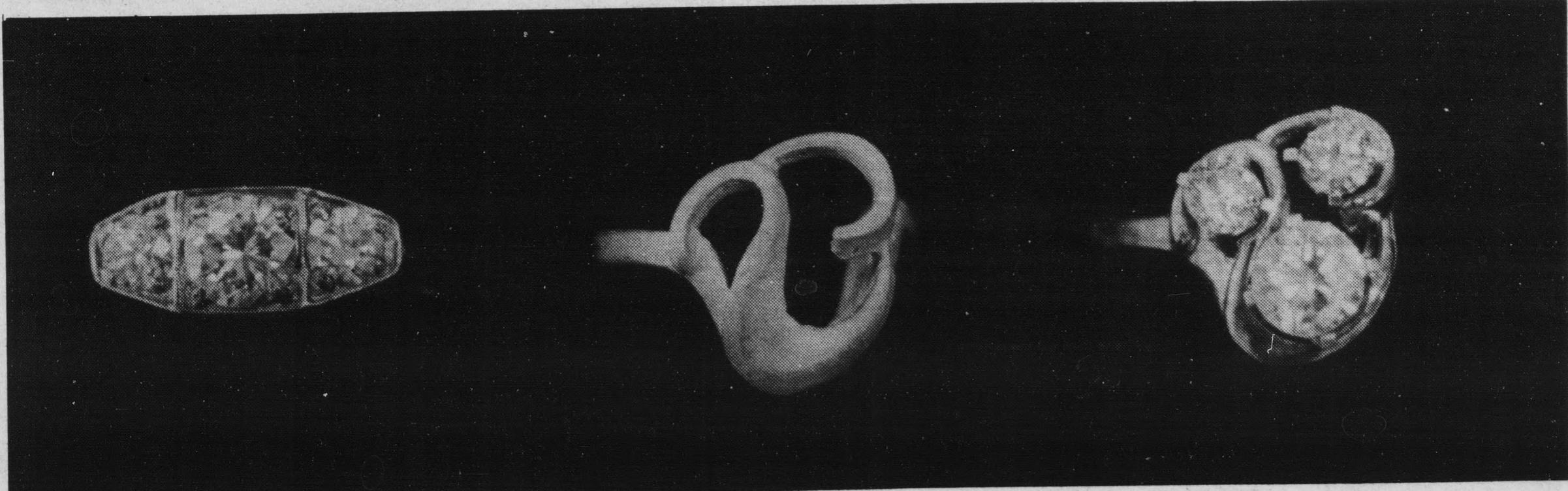
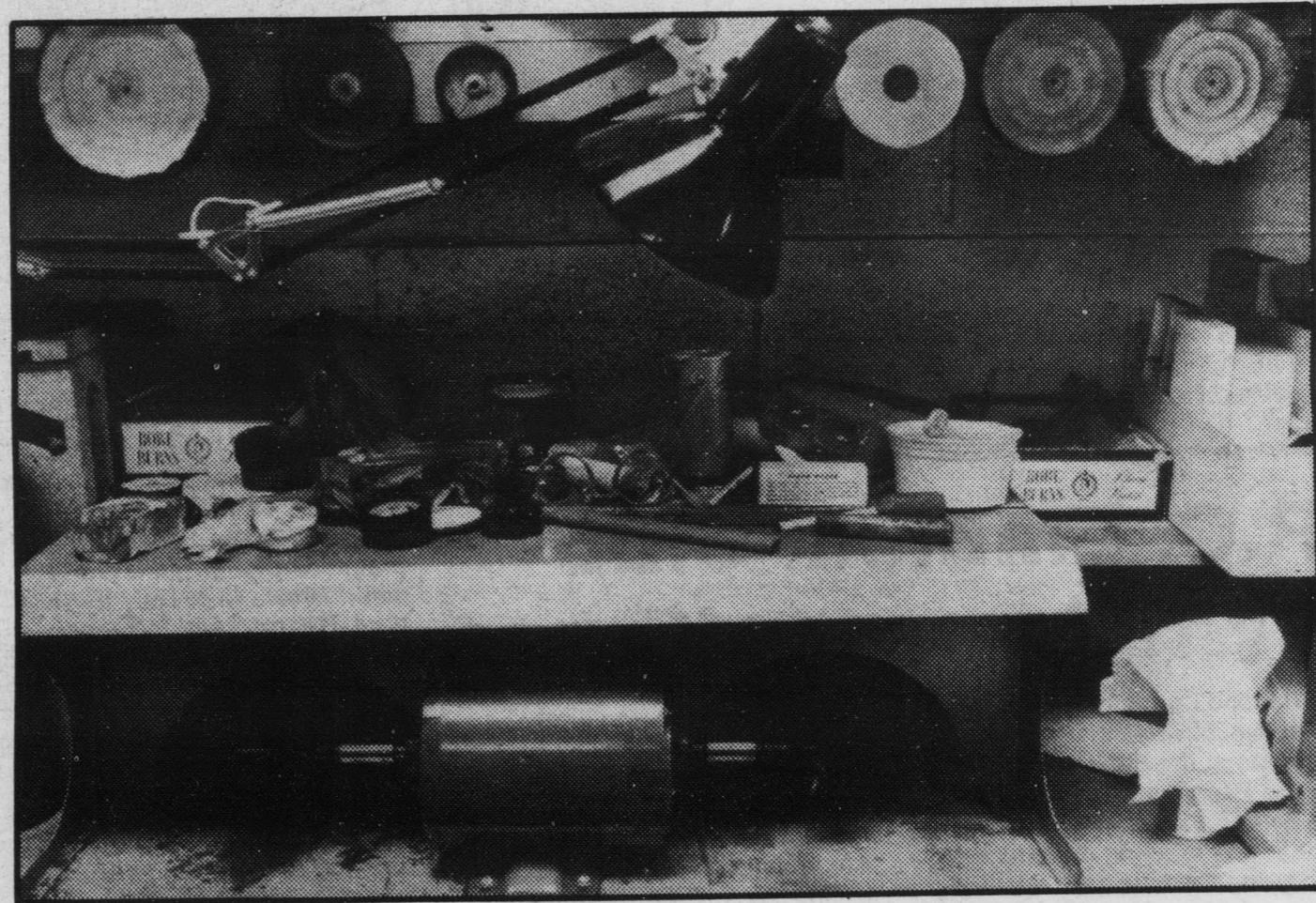


Almost six weeks of work on this customized ring (top) has been done and it still needs two more designs etched in it. Doug Morris, owner of the Elite Jewelry at the Vault, says personalized jewelry is as popular as ever (middle). When a customer has an idea but doesn't quite know what it may look like, Morris uses color transfers to simulate gems in pictures of jewels (bottom).



Story by Suzanne Sproul / Photos by Kathy Frey

Morris puts diamonds into a ring to give a customer an idea how the finished product will look (left). A variety of tools can be found in a jeweler's workshop because many jobs require intricate, delicate work (right). The ring on the far left is a family heirloom (bottom) but the owner wants a different look so Morris molded a new design. The ring in the middle is a mold of the design in gold. Although it lacks the colorful shine familiar with gold, the ring will have it once it is polished. The ring on the far right is the finished product. On the cover: Brooches are one of the more popular pieces of estate jewelry. This piece sells for \$850.





Ann Scott recently celebrated her 25th anniversary in Central School District. She has held many positions over the years but is currently secretary to the coordinator of special education and pupil personnel. Scott received a ruby and pearl gold necklace from the district in commemoration of her service.

R.C. Emblem Club installs new officers

Rancho Cucamonga Emblem Club No. 520 has installed its officers at the Elk's Lodge, 12481 Base Line Road.

Betty Parsons and Vera Roderer, installing marshal, installed the new officers.

New officers for the coming year are: Candy Kopchak, president; Fran Walker, junior past president; Dori Pope, vice president; Margaret Greigo, second vice president; Shirley Loli, financial secretary; Jewel McGrogan, treasurer; Joyce Craig, recording secretary; Emily Steiner, first trustee; Marilyn Groff, second trustee; Susan Matteson, third trustee; Kay Zandino, first assistant marshal; Frances Landa, second assistant marshal; Hertha Malone, chaplain; Kate Swigart, press correspondence/historian; Robbie Robertson, organist; Freta Munson, first guard and La Vera Dewey, second guard.

Appointed officers by the newly elected president were Karen Emery, corresponding secretary; and Merriellen Kersey, marshal.

Freta Munson was presented the Sister of the Year Award.

Bobbie Rohrbach and Emily Steiner received Special Appreciation Awards.

Special recognition was presented to the club through Americanism chairman Mrs. Steiner by the San Bernardino Sheriff's Department for special projects during the year which included providing plywood for stenciling roof tops and buying material for fingerprinting children at local schools.

The newly installed president's theme will be "Cooperation, Kindness." This year's special project will be the aiding the Make a Wish Foundation. □

Uplander gets award

Upland resident Victor I. Pulido, class of '88, received the Dr. Reynaldo J. Carreon Jr., M.D., Award at the recent Honor's Day ceremonies at the College of Osteopathic Medicine of the Pacific, Pomona.

The award is given to sophomores of Mexican-American descent who are in good academic standing and demonstrate financial need.

Girl, 12, will represent Upland in Special Olympics June finals

By Suzanne Sproul

Twelve-year-old Dana Goldenstein will represent Upland next month in the Special Olympics finals in Berkeley.

Although Dana says she hopes she wins, just competing means a lot.

Winners will receive medals as their Olympic counterparts do, but everyone who tries will get a participation ribbon and a hug when they cross the finish line.

Dana has cerebral palsy, epilepsy and a learning disability. None of her health problems, though, have stopped her. The Sierra Vista School sixth grader will be competing in the 50-meter dash and the Frisbee throw. To represent the western San Bernardino area as a member of the Tri-City Stars, the Upland girl had to win local and area competitions.

She'll be heading to Berkeley June 28 for the three-day event with about 40 other area representatives, coaches and chaperones.

The Special Olympics was begun by the John F. Kennedy family in 1968 to provide sports competition for the developmentally disabled.

Medication keeps Dana's health problems under control. This is the first year Dana has participated in the program and her mother, Rita, admits she was a bit leery at first.

"When I went to her first practice I thought to myself I can't believe this. They try so hard. Her medication keeps everything in line so I have no

qualms about her participating in sports," Mrs. Goldenstein says. "She has to be just like everyone else."

The only restriction on Dana is that she can't participate in any contact sports.

Dana has been practicing by running around the family's pool.

The 12-year-old doesn't say much. Her normal response to questions is a shrug of her shoulders and a smile but she lets her writing speak for her.

In addition to Special Olympics competition, softball and flute lessons, Dana is a member of Girl Scout Junior Troop 1215. She recently received the Menorah Award, the

highest honor a Girl Scout of the Jewish faith can earn.

As part of the requirements for earning the reward, Dana had to select a Jew she most admired and explain why that person was chosen.

She selected concert violinist Itzhak Perlman.

Dana and Perlman both have disabilities.

She wrote that she selected Perlman because he, too, was handicapped but he didn't let that stop him from doing what he wanted.

"I'm a little slow in what I do but I'll get there," Dana wrote.

Winning apparently isn't everything. □

Upland News

Upland News
Established 1894

Weekly Adjudicated Publication
PUBLISHED EVERY THURSDAY

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TERRI TIARELLA/NEWS
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Central students see mime performance

By Terri Tirella

Students at Central School were treated to silent theater recently.

Drama was this month's focus, with the school's PTA sponsoring a visit from Tina Lenert, a specialist in the art of mime, the art of acting without speech.

Students got caught up in "The Magic of Mime," presented by Lenert. As they watched Lenert do her act, many of the children mimicked her, trying to copy the actions she performed on stage.

"Using your imagination, you can be or do anything you want," Lenert told students at Central School in Rancho Cucamonga.

And students did have to use their imaginations to appreciate Lenert as she performed mime and magic for them. They watched her climb up an imaginary ladder and walk on an imaginary tightrope, fooled for a moment when she almost fell from the dizzying heights.

"I do several mime skits, mainly to show different ways of expression and to entertain the children, so they can get caught up in it," Lenert said. She also adds a few magic tricks to spice up her show, along with some puppeteering.

"I really enjoy when children write me letters about the performance or draw pictures,"

she said. "It's interesting to see what they remember."

All of the children have an opportunity to participate during Lenert's show, as they practice a variety of silent gestures expressing hello, good-bye, sadness and surprise.

"It's a different form of communication," Lenert said. "I want them to have fun and to learn something by having fun, using their imaginations and pretending to do all kinds of things and play without having expensive toys."

Lenert is a member of the Music Center on Tour, a group associated with the Performing Arts Council through the Music Arts of Los Angeles County.

The thrust in fine arts is a cooperative effort between the school and the PTA, said principal Andre Sauvageau. "The PTA put aside money for the fine arts programs ... they sponsor (it) about once a month."

According to Ree Federoff, fine arts chairman for the PTA, the many fund raisers throughout the year help finance the more than \$1,000 expenditure for the various performers.

Without the funding from the PTA, presentations would not be possible, Sauvageau said. "Many of our students may have read about mime but a lot of them wouldn't have the opportunity to see it actually performed."

See MIMES/Page 7



Mime Tina Lenert is losing a tug-of-war with Central School student Ryan Goeff. The pair is pulling an imaginary rope in their play.

CALENDAR

FRIDAY, MAY 31

Rancho Cucamonga Weight Watchers can weigh in Friday mornings at 9 a.m. in the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway.

Rancho Cucamonga VIPs hold a pinochle tournament for all players from 6 to 10 p.m. at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway.

SATURDAY, JUNE 1

Foothills Communities Church of the Nazarene will hold "Building Fund Day" from 8:30 to 3 p.m. on its grounds, 9944 Highland in Alta Loma. The event will feature boutique items, rummage sale, car wash and foods including chili dogs, doughnuts, cotton candy, home-made candy and cookies. For more information, call 980-5400.

The Mobile Eights Square Dancers will host a "Black Cow Caper and Three-quarter Dance" from 8 to 11 p.m. at Lions Community Center, 9161 Base Line, Rancho Cucamonga. For more information, call 986-5442.

A Las Vegas Turnaround, sponsored by Upland Recreation Department will

leave at 8 a.m. from Magnolia Recreation Center, 651 W. 15th St. Registration of \$10 per person is being taken at Upland Recreation office. For more information, call 985-0994.

The Fencing Club meets from 9 a.m. to noon in the lounge at Magnolia Recreation Center, 651 W. 15th St., Upland. Call Armando at 788-1774 evenings or 351-6558 daytime for more information.

MONDAY, JUNE 3

Bridge is played at 1 p.m. at Upland Community Center, 352 E. C St. For more information, call 985-4201.

Professional Contacts Unlimited meets weekly Mondays, 5:30 to 7 p.m. at the Rancho Cucamonga Chamber of Commerce conference room. For more information, call Marie Sears, 946-5821.

Rancho Cucamonga's Weight Watchers can weigh in at Lions Park Community Center, 9161 Base Line Road at 6:30 p.m.

TUESDAY, JUNE 4

Rancho Cucamonga Lions Breakfast Club meets the first and third Tuesday at Sassy Steer, 8030 Vineyard Ave. in Rancho Cucamonga. For more information call 987-3993.

The Rancho Cucamonga Small Business Association holds weekly meetings on Tuesdays at 7:30 a.m. at Michael J's Restaurant at the corner of Foothill Boulevard and Turner Avenue in Rancho Cucamonga. Membership in the organization is free. The club goals are to interact, exchange ideas and information and support small businesses in the city.

Christian Businessmen's Committee meets each Tuesday morning for breakfast and fellowship at 6:45 at Coco's Restaurant, 60 W. Foothill Blvd., corner of Foothill and Euclid Avenue in Upland.

The West San Bernardino County Board of Realtors holds a weekly breakfast meeting from 8 to 9 a.m. at 101 N. Second Ave., Upland. For more information, call 946-2617.

Fun After Fifty Club will hold arts and crafts for seniors at the Community Center, 352 E. C St. at 10 a.m.

Kiwanis Club of Upland holds its weekly luncheon meetings this afternoon at 12:10 at The Arbor Restaurant on Foothill Boulevard near Euclid Avenue in Upland.

Rancho Cucamonga VIP Seniors will show a free movie in the lounge at the Neighborhood Center at 9:30 a.m. and 1 p.m., 9791 Arrow Highway.

Friendship Cards are played at the Senior Center, 9791 Arrow Highway, noon to 4 p.m. Seniors can learn to play bridge, pinochle canasta, poker and

other games. There is no fee.

Taking Off Pounds Sensibly, Cucamonga Chapter 1769, meets every Tuesday from 10 a.m. to noon at the Rancho Cucamonga library, 9191 Base Line Road.

Rotary Club of Rancho Cucamonga meets every Tuesday for a noon luncheon at the Magic Lamp Inn, 8189 Foothill Blvd., Rancho Cucamonga. Call 985-9761 for more information.

Ontario Soroptimists, a business women's service club, meets at the Magic Lamp, 8189 Foothill Blvd. at noon.

Odd Fellows, Independent Order of No. 68, holds its weekly meeting at 8 p.m., 233 N. Second Ave., Upland.

West End Kiwanis hold its weekly dinner meeting at Brigham's Family Restaurant, 820 W. Foothill Blvd. this evening at 6:30.

"New Beginning in Christ," a program for divorcees, widows and singles, meets each Tuesday at 7 p.m. at the Light House Brethren in Christ on the corner of Hellman Avenue and Base Line Road. For more information, call 987-0233.

A Senior Health Screening Clinic will be held from 9:30 to noon at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway.

The Rancho Cucamonga Toastmasters Club meets every Tuesday night at 7 p.m. in the Church of Jesus Christ of

Latter-day Saints, 9075 Base Line Road in Rancho Cucamonga.

Sweet Adelines, Pomona Valley singing group, meets Tuesday evenings at 7:30 p.m. at Pilgrim Congregational Church, 600 N. Garey Ave., Pomona. Women who enjoy singing and can carry a tune are welcome to join.

WEDNESDAY, JUNE 5

Leads Club, a business women's networking group, meets each Wednesday morning, 7:15 to 8:30, at various locations in Rancho Cucamonga. For more information or reservations, call Diane Rivord, coordinator, 986-1355.

Taking Off Pounds Sensibly meets from 7 to 8 p.m. at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway. For more information, call 989-5738 after 6:30 p.m.

Upland Foothill Kiwanis holds a weekly breakfast meeting at 7 at Rueben's Restaurant, 335 S. Mountain Ave., Upland.

Overeaters Anonymous meets from 10 to 11:30 a.m. at the Lions Park Community Center, 9161 Base Line Road.

Chaffey Communities Cultural Center is open today, Thursday and Saturday from 1 to 4 p.m. at 525 W. 18th St.,

See CALENDAR/Page 7

CHURCHES

ST. SPYRIDON GREEK ORTHODOX CHURCH — Services will be held Sunday at 10 a.m. The church is located at 1371 Chaffee St., Upland, between Eighth and Ninth streets off Grove Avenue. For information call 982-5770 or 984-7530.

UPLAND CHRISTIAN CHURCH (Disciples) — Sunday services at 10:30 a.m. at 1510 N. San Antonio Ave.

Wildlife artist studied nature in childhood

MANKATO, Minn. — Marian Anderson credits a childhood filled with "observing nature and what was living around me" for helping her to become one of the nation's outstanding wildlife artists.

Ms. Anderson's father was an avid trapper, hunter and outdoorsman and his daughter hiked along on the outdoor expeditions in southern Minnesota.

She became a keen observer of nature and had a talent for accurately transferring what she saw and felt onto canvas in her paintings of loons, wolves, cardinals, deer and landscapes.

"I always wanted to be an artist," said Ms. Anderson, who calls herself "one of only a few women painting strong wildlife art."

Ms. Anderson began selling her work at shopping malls when she was a sophomore at Madelia High School. Now, years later, she shows her work at top art shows throughout the country, including the International Wildlife and Western Art Show and the Heritage Show.

Recent works have decorated the covers of the Wisconsin Deer and Bear Record Book and the Minnesota Deer Classic Record Book, and Ms. Anderson has 24 limited-edition prints in circulation.

Ms. Anderson, who also does custom painting and photographic restoration, lives with her husband, Venes Meyer, in a comfortable fieldstone home atop a hill near the Blue Earth River outside of Mankato.

Meyer, a mason, built the home to give the couple an opportunity to be close to nature.

"I'm content with life and being part of nature," Ms. Anderson said. "Material things really don't do that much for me. I enjoy nature and being able to express it through art."

In her basement studio, large windows provide a burst of natural light and an ideal observatory for cardinals feeding.

FOOTHILL BAPTIST, UPLAND — Sunday services at 10 a.m. at the church, 1330 W. 15th St. Inspirational hour at 6 p.m. Sunday. For information, call 981-2835.

GRACE LUTHERAN CHURCH — Services at 8:30 and 11 a.m. Sunday. The church is located at 2108 N. Euclid Ave., Upland.

WEST END CHURCH OF RELIGIOUS SCIENCE —

Services at 11 a.m. Sunday at the Masonic Temple, 611 N. Third Ave., Upland. For information, call 627-9065.

ASTARA — Services at 11 a.m. Sunday at Astara, 800 W. Arrow Highway, Upland.

FIRST MENNONITE, UPLAND — Services are Sunday at 10:45 a.m. and a nursery is provided. Sunday school for all ages is held at 9:30 a.m. Church is

located at 379 Campus Ave., Upland, call 982-1669 or 982-2361.

FIRST SPANISH ASSEMBLY OF GOD, UPLAND — Services at 11 a.m. Sunday at the church, 295 E. Ninth St. For information, call 981-6996.

FIRST PRESBYTERIAN — Services are at 8:15 and 10:30 a.m. School classes for nursery age through adult are held at 9:15 a.m. for nursery age through

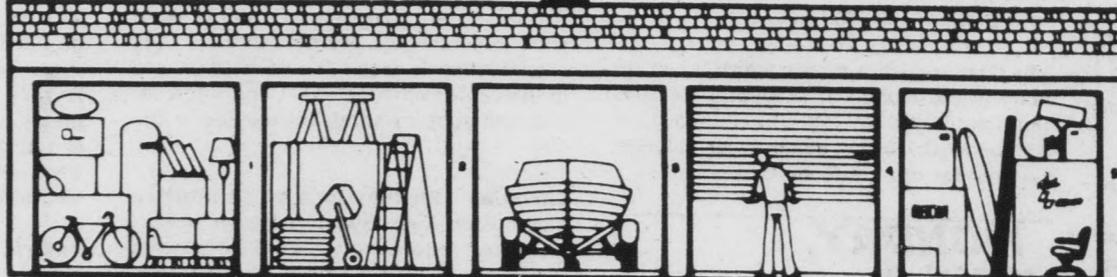
grade 6 at 10:30 a.m. Infant and toddler care is available at all services. Church is located at 869 N. Euclid Ave. For information, call 982-8811.

UPLAND UNITED METHODIST CHURCH — Services are held at 8:30 and 11 a.m. Sunday. Classes for nursery age through adult are held at 9:50 a.m. Infant and toddler care is available at all services. The church is at 262 N. Euclid Ave., Upland. For more information, call 982-1345.

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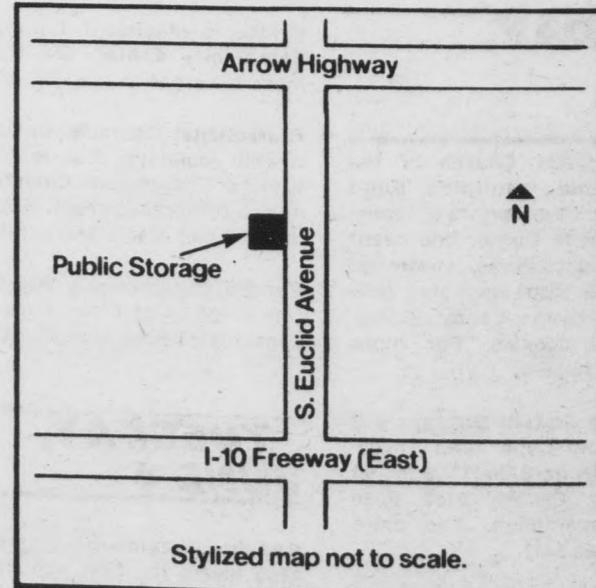
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Four students win top honors at science fair

Four students at Cucamonga Elementary School won top honors at the Inland Empire Science and Engineering Fair, held in Riverside this year.

Donnie Magnus, a sixth grader, placed first for his science project "Human Behavior; Right and Left Handedness; Do left-handed people also bat a ball left-handed?"

Magnus used his baseball card collection to gather data for his science research. His project will compete in the Teacher Hall of Fame Science Fair and will be displayed at the Teacher Hall of Fame in Redlands.

Receiving a second place ribbon at the fair was fourth grader Melissa Ledesma. Her topic was "How does mold grow?"



Cucamonga Elementary School sixth grader Donny Magnus shows his first place science project which addressed left- and

right-handedness. He used his baseball card collection to research his topic.

Calendar/from Page 5

Upland. Admission to the museum is free.

The Upland/Ontario Optimists meet at noon at the Mural House, 1850 E. Holt Blvd., Ontario.

Rotary Club of Upland holds its weekly meeting today at 12:15 at The Arbor Restaurant, on Foothill Boulevard near Euclid Avenue in Upland.

Cable Airport, its past, present and future, is the subject of a slide program to be shown at the Upland Public Library at 2 p.m. The program is free and the public is invited. The library is at 450 N. Euclid Ave. For more information, call 981-1033.

Seniors from Fun After Fifty hold their weekly bingo at 2 this afternoon at the Senior Center, 352 E. C St. For more information, call 981-1033.

Upland Chapter 898 of Take Off Pounds Sensibly meets evenings from 6:30 to 8. For more information on TOPS or meeting location, call 985-3760.

Rancho Cucamonga City Council meets at 7 p.m. in Lions Park Community Center, 9161 Base Line Road.

The Ontario-Upland Toastmasters Club 1506 meets at Di Censo's Restaurant, 1651 W. Foothill Blvd. in Upland. The club is designed to help its members strive for self-improvement. For more information, call Jon A. Baker at 981-1016 or Claudette Leever at 596-4941.

The Rancho Cucamonga Toughlove Parent Support Group meets at 8 p.m. at the Rancho Cucamonga Neighborhood Cen-

ter, 9791 Arrow Highway. The program helps parents deal with family stress and provides techniques for firm, yet loving guidance for troubled teens.

THURSDAY, JUNE 6

Full Gospel Businessmen's Prayer Breakfast is held every Thursday morning at 6:15 a.m. at the Iron Skillet Restaurant, H Street and Euclid Avenue in Ontario.

Soroptimist International of the Foothills holds a morning meeting every Thursday, at 7, at Coco's, corner of Euclid Avenue and Foothill Boulevard in Upland. For more information, call 980-7331.

Upland Host Lions meets at 12:15 p.m. every Thursday in the Upland Woman's Clubhouse, 590 N. Second Ave.

Al-Anon, family members of alcoholics, meets this evening from 8 to 9:30 at the Church of Jesus Christ of Latter-day Saints, 1111 W. 14th St., Upland, 8 to 9:30 p.m.

Alcoholics Anonymous meets from 8 to 9:30 at the Neighborhood Center, 9791 Arrow Highway in Rancho Cucamonga.

The Homeowners and Renters Associa-

tion meets every Thursday from 1 to 5 p.m. in the Neighborhood Center, 9791 Arrow Highway, Rancho Cucamonga. Call 982-5619 or 987-1618 for more information.

Light House Ministries now is providing a program for chemically dependant people and their families. Classes provide for lectures and group counseling, and individual counseling is available. The group meets at Light House Brethren in Christ at 7 p.m. in the north room. The group meets on the corner of Hellman and Base Line Road in Alta Loma. For more information, call 987-0233.

The New Life Ministries of Rancho Cucamonga holds "Search for Truth Non-Denominational Bible Studies" at 7:30 p.m. at the Rancho Cucamonga Neighborhood Center, 9161 Arrow Highway.

Upland Chess Club meets from 7 to 11 p.m. in the Community Center, 352 E. C St.

FRIDAY, JUNE 7

The Euclid Camera Club meets tonight at 7:30 in the First United Church of Ontario at the northeast corner of Euclid Avenue and I Street. Visitors always are welcome. For more information, call 628-2796.

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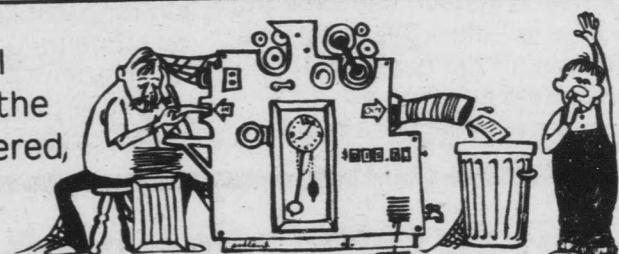
Fund raiser planned by Nazarene church

Foothill Communities Church of the Nazarene will have a "Building Fund Day," June 1 from 8:30 a.m. to 3 p.m.

Activities will include boutique items, rummage sale, car wash, chili dogs, doughnuts,

cotton candy, home-made candy and cookies.

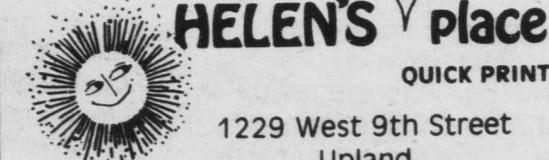
The church is at 9944 Highland in Alta Loma, one block north of 19th Street between Archibald and Haven. For more information, call 980-5400.



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Mime /from Page 5

He said the PTA has sponsored a variety of programs for the youngsters, a visit and slide show presentation from a man who had walked around the earth, a folk dancer, a ballet duo and music programs.

Chief Red Dawn and his grandson will visit the school June 7 to talk about Indian traditions and lore.

Alta Loma Junior High bowl champ

By Terri Tirella

Alta Loma Junior High School is the new Scholarship Bowl champ after winning Wednesday's competition against Magnolia Junior High School in Chino.

The competition, held for the third year at Alta Loma Junior High, tested seventh- and eighth-grade students' knowledge and reaction times during the two-round contest.

Eight teams, each composed of five students, primarily eighth graders, answered questions in areas of math, social studies, language arts, physical education, science and industrial arts, said Vickie Duncan, co-coordinator for the event.

"The first round was five minutes of five-point questions," Duncan said. "The second round, the Lightning Round, was two minutes, with questions worth 10 points."

Teams competed for points, using electric buzzers to signal their answers. Each correct answer got points, "but if they were not right, the same point value was taken away from the team score," Duncan said.

Teachers at each participating school submitted 100 questions to be used in the game, but Duncan said additional questions also came from a



Photo by Jim Black

Winning this year's annual Scholarship Bowl was the hosting team from Alta Loma Junior High School. The championship team included, from left, Ted Neward,

computer program.

"Some of the questions asked them to name two Greek philosophers, or they might have to complete a saying like 'Early to bed, early to rise,'" Duncan said.

The competition was double elimination — a team had to lose twice before being taken out of the running.

Each team member received a pin for participating in the Scholarship Bowl. The winning team received possession of the perpetual plaque, with its name added as this year's winner, in

addition to the previous victors, Chaparral Junior High School of Diamond Bar in 1983 and Pioneer Junior High from Upland, 1984.

Additional schools competing in the annual event were De Anza Junior High and Imperial Junior High from the Ontario-Montclair School District, Cucamonga Junior High, Pioneer Junior High in Upland, Ontario Christian School, Chaparral Junior High from Diamond Bar, Magnolia Junior High and Alta Loma Junior High.

Most of the schools selected their representatives by staging

Steve Scott, Wendy Quinton, Chris Baumann and Trevor Lim. They competed against seven other junior high schools in a timed question-answer contest.

a similar Scholarship Bowl competition. However, the best players were not necessarily honor students.

Teacher/adviser Valeria Thompson said she recruited players who had "a broad knowledge, were fast with their hands and not afraid to hit" the buzzer to answer.

"One of our students, one of my few C students, was one of our best players, and was not afraid to answer," she said. Sometimes honor students would try to analyze the question, taking too much time.

Winning team member Steve Scott said he is "not a good student," but he enjoys the Scholarship Bowl competition. He said he thinks his team did well because other teams "would know the answer, but they're not quick on the buzzer."

"We selected the top students who were risk-takers and good at answering questions," said Jennifer Twogood of Chaparral.

Her final team played against parents at her school's open house and later against some of the teachers. □

New R.C. telephone prefix added

General Telephone of California customers in the Rancho Cucamonga area now will be dialing a new prefix for some local calls.

"We opened a new 945 telephone prefix at our Rancho Cucamonga switching center on Saturday," said Ken Foshee, Ontario District manager for the utility.

The 945 prefix joins the 980, 987, and 989 prefixes that

currently are served from that location's electronic switching equipment.

The company's Rancho Cucamonga office handles approximately 300,000 out-going local and toll calls on the average business day, or more than 8 million each month.

The office is one of five in General Telephone's Ontario District.

Area hair salon to take part in Cut-athon

The Upland Command Performance Hair Salon is one of 14 salons participating Sunday in a Cut-Athon to help promote the 1985 Children's Miracle Network Telethon.

The efforts of the local salon will be promoted during the telethon and 80 percent of the proceeds will benefit Miller Children's Hospital of Long Beach. The telethon will be aired locally on KHJ-TV 9 Saturday

and Sunday.

The telethon, designed to benefit specialized children's hospitals across the country, will feature the most comprehensive list of celebrities ever assembled for an event of this nature. Miller Children's Hospital is the local beneficiary of the telethon.

The Children's Miracle Network Telethon will feature Merlin Olsen, Marie Osmond, John Schneider, Marilyn McCoo

and others. Local telethon hosts will include Mary Hart, Dee Wallace, George Putnam, Cathy Rigby, Lou Ferrigno, John Nabor, Steve Young and disc jockey Charlie Tuna.

The Children's Miracle Network Telethon is one of the most rapidly growing telethons in the country and is sponsored by the Osmond Foundation in Orem, Utah.

Dealing with symptoms of an anxiety attack

By COSMOPOLITAN
A Hearst Magazine

Nerves, jitters, panic attack are all synonyms for anxiety — the body's fight-or-flight response to an invisible but real threat.

Anxiety represents a threat to self-esteem, according to an article in the June issue of Cosmopolitan that offers techniques for managing anxiety's unpleasant symptoms.

— Recognize your anxiety. Many women try to ignore

anxiety, New York psychiatrist Helen De Rosis said, "but when an attack is intense enough to throw you off balance, you have no choice but to deal with it." She said the first step in coping with anxiety is to assess what you are experiencing.

"People often fear that being overwhelmed by strong emotion means they're losing their minds," said Dr. Theodore Isaac Rubin, president of the American Institute for Psychoanalysis. He said this is not true and that anxiety attacks are temporary

and seldom last more than 20 minutes.

— Tension is energy. "the 'tension' you feel is actually associated with a biochemical buildup that has the purpose of providing energy to go into action," De Rosis said. "Therefore, physical activity relieves anxiety by discharging this unused energy." Regular exercise helps protect against anxiety.

— Take a deep breath and relax. Anxiety can alter oxygen intake, so deep belly-breathing

— in through the nose and out through the mouth — pacifies physical agitation.

— Let someone be there for you. "It's got to be a real friend," Rubin said, "one who isn't going to put you down or, worse, hit you with a line like 'Grow up' or 'Get hold of yourself,' all those 'sensible' things you just can't do at the moment."

— Be there for yourself. "Anxiety is a warning to slow down and look at what is causing your fears," De Rosis said.

— Let yourself be human. High personal standards encourage effort and excellence, but they become self-defeating when they are impossibly exalted.

— Don't perform; participate. Some people view working, making love, meeting new people, as performance. "That kind of self-consciousness and self-judgment, and the fear of failing in front of others, prevents real involvement and leads to acute anxiety," De Rosis said.



Rancho Cucamonga Toastmasters Lynn Wright (left) and Alex Rivera were first place winners in the area C-1 Spring Speech Contest. Rivera won the Evaluation speaking contest and Wright was a winner in the Table Topics contest. Contest competitors included members of Toastmasters clubs in Upland, Ontario, Chino and Rancho Cucamonga.

Rancho resident appointed to U.S. Air Force Academy

Rancho Cucamonga resident Richard Wickum, a senior at Alta Loma High School, has received an appointment to the U.S. Air Force Academy.

He also won three ROTC scholarships, one from the Army, one from the Navy and one from the Air Force, as well as being on the U.S. Coast Guard Academy selection list.

The 17 year-old chose the Air Force Academy and a chance for a career as an Air Force pilot. He will major in aeronautical engineering.

He had applied for a nomination to the Air Force Academy through the office of Congressman Jerry Lewis, R-35th District. Lewis later notified Wickum of the academy

appointment.

Wickum will report to the academy July 5 to begin his Air Force studies.

Wickum was born in Upland and has grown up in Rancho Cucamonga. He attended Anton Martin Slomsek Catholic School in Etiwanda before going to ALHS.

He is student body vice

New Uplanders Club plans luncheon at Padua Hills

The New Uplanders Club will hold its final luncheon of the 1984-85 year June 12 at the historic Padua Hills Theater.

The luncheon will be catered by Epicurious and will feature culinary specialties by Chef Joseph, formerly of the First Street Bar and Grill. Social hour at 10:45 a.m. will be followed by lunch at 11:30. Reservations for the luncheon may be made by calling Peggy Linberg at 981-0452.

The day is set aside for installation of the club's new officers for the 1985-86 year.

The New Uplanders Club does not meet during the months of July and August, however, newcomers to the area may obtain membership information by calling Judith Schoen at 981-5972 or Barbara Mollure at 981-1149.

The club is open to all new residents of Upland who have

lived in Upland two years or less. In addition to the monthly luncheons, it offers many activities and events throughout the club year from September through June.

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Type 'A' people need to work at becoming Type 'B' to save life

By Rev. Lee Truman
Copley News Service

Gary Sloyan, 38, was extraordinarily successful. He had a great family and a wonderful wife. I say "had" because Gary died of a heart attack.

I felt angry at the loss of this fine, outstanding young man and at the unnecessary grief that came to his family. Since his death, I have done some homework on the personality factors that cause heart attacks in a person like Gary.

I found out that the very things that made Gary top-notch in his profession were the same things that very well could have led to his death. He was aggressive, ambitious, competitive and impatient.

This is the type of man who is marked for an attack, according to Dr. Fred Richey, a heart specialist. Richey says that a person who is courting a cardiac disaster often is extremely pressured about being right on time for appointments. He is a person who becomes impatient at slow traffic or inept service. He is impatient with someone

who is slow to make a point. He seldom has hobbies and usually is not involved in helping with housekeeping chores.

Dr. Alfred Magelcan agreed on these personality traits, but added that he has found that however much the potential cardiac victim is doing, he also is trying to accomplish more. He is trying to reach a higher state in his lifestyle, and seems to equate accomplishment with numbers — the number of sales, money earned or clients served.

It is accepted now that people fall into two categories.

Type "A" people are more likely to have a heart attack. They often speak forcefully and may clench their fists and pound the desk to make their point. Often their faces contort to express the surging emotion behind their speech.

Type "B" people are more relaxed, less precise about meeting the demands of the clock, enjoy art and good books and accept their own limitations. Most important, they accept themselves without being envious of others, their

See TALK/Page 10

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The Bonner Family of Rancho Cucamonga have been named the non-Kiwanis "Family of the Year," by the Rancho Grande Kiwanis Club. An awards banquet will be held on May 31 at the Rancho Cucamonga Elks Lodge, 12481 Base Line Road.

Home tutoring agency opens in R.C.

Traveling Tutors Inc., a home tutoring agency, has opened at 8350 Archibald Ave., Rancho Cucamonga.

Tailor-made sessions are available seven days a week in

all school courses ranging from pre-school through college levels. For adults, more contemporary classes are provided in computer science and resume writing.

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Talk/from Page 9

accolades, achievements or material rewards.

I discussed the subject with my personal physician, and he said that the Type "A" person is more likely to be an outstanding salesman and go into management. The Type "B" person either is working in the stockroom or is the president of the company.

Here are some simple, common sense suggestions that could help Type "A" people to become Type "B" — eat more slowly and savor the food; escape into books that demand concentration; learn to listen

without interrupting; plan some idle time each day — don't schedule more than can be handled, and learn to think of one thing at a time.

The best advice is to make yourself rich inside instead of

through your possessions. Then you will have a chance to live longer and much more richly.

I wish Gary had known what I know now about hearts. It not only could have changed his life, it just might have saved it.

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Baseball game trips being offered by Upland Recreation Department

Upland Recreation Department currently is accepting registrations for a number of trips being offered this spring and summer.

The California Angels vs. Boston Red Sox game is on July 4, with the bus leaving the recreation office, 651 W. 15th St., at 4:30 p.m.

Cost for the trip is \$11.50 per

person and includes transportation, seating and fireworks.

Another baseball trip will be taken June 18 to Dodger Stadium. The Dodgers will play the San Diego Padres. Cost is \$11.50 and the bus will leave the recreation parking lot at 6 p.m.

For more information about the games, call 985-0994.

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Students learn to protect themselves

Editor's note: This story is being rerun due to a production error.

By Karen Pyke

Second graders at Valle Vista Elementary School learned how to protect themselves from abuse last week.

A volunteer from Chino Youth Services' Child Abuse Prevention Intervention Education Program stressed three ways children should react to dangerous situations:

- Say no.
- Get away.
- Tell someone.

It was a message the students were familiar with after seeing

the film, "Better Safe Than Sorry, Part II." Narrated by Stephanie Edwards, the film depicts children in various potentially abusive situations and discusses ways they can decrease the risk of harm.

"What if you were home alone and somebody knocked on the door?" the volunteer asked the second graders. "Don't answer it," they answered in unison.

"Even if it was a policeman or somebody in a uniform, it might not be a policeman," said student John Boyd.

The program, taught to all students in Central School District for the first time, followed two earlier parent meetings on child abuse and

staff inservice training programs on the responsibility to report suspected cases of child abuse. "That was all done ahead of time because we think we might get some students that disclose things," said district nurse Deanna Bowers.

The number of suspected child abuse cases that the district has reported to child protective services rose from 13 for the 1983-84 school year to 18 by January 1985, Bowers said.

"I've seen some real positive results from families we've reported, even though at the time of the report things weren't wonderful," Bowers said.

Many families are dealing with the abusive behavior in

counseling, she said. The district has found that most of the abusive parents had been abused as children themselves. It is a cycle that only intervention can stop, Bowers said.

Sexual molestation, which is not as evident as other kinds of physical abuse, is more difficult to detect, Bowers said. As it often isn't a violent crime, children don't always realize that this same behavior isn't normal and isn't going on in other families. They don't realize it is abnormal until they are adolescents and talk about it

with other adolescents, she said.

To teach the second graders that they don't have to submit to such molestation, the volunteer told them that they are people and have the right to say no.

"You have the right to say no if someone wants to touch you in a way that makes you feel uncomfortable," she said.

The second graders received the program's message in easy stride, reflecting their familiarity with the topic. However, one student, Christopher Rydo, was perplexed about one thing. "Why do they just grab kids and not adults?" he asked. □

Population growth causes overcrowding in schools

The great surge of growth in Rancho Cucamonga, making it the second fastest growing city in the state, has created overcrowding in most of its school districts. With the population of the West Valley expected to double by the year 2000, it doesn't appear that the problem will subside soon.

Most drastically affected in the future will be the tiny Etiwanda School District in the eastern portion of the city with some 800 students in two schools. That number is expected to increase tenfold to 8,350 by the 1990-91 school year due to more than 17,000 new homes being built in the district.

Though the district may not be the most crowded district now, Superintendent Carleton P. Lightfoot said, "we are becoming one of the most needy and certainly will be in the near future. Percentage-wise, we'll be the most rapidly growing district in the state."

The majority of the district's new homes are part of four major development projects: the Victoria project, 8,000 homes; West End Specific Plan in neighboring Fontana, 4,000 homes; Terra Vista, 3,400 homes; and Caryn Homes, 1,000 homes.

The district is currently negotiating with developers on various ways the companies can develop school sites and buildings. After months of negotiating, the district is close to an agreement with the William Lyons Development Company, builder of the Victoria Planned Community, Lightfoot said. He refused to comment on the content of those negotiations until final agreement is reached.

Unlike Etiwanda, Alta Loma School District has already experienced most of its growth. It had been the fastest growing district in the area, increasing by 72 percent since 1978, according

to Superintendent John McMurtry. But growth has leveled out with an annual increase of six percent over the last three years, he said.

"We are impacted but not to the point where we haven't been able to keep up with it," McMurtry said. "We've been fortunate."

Relying on developers' fees and state money from the Leroy Greene Act, which grants funds

to overcrowded districts, Alta Loma was able to open three new elementary schools since 1979 and double the size of its junior high, he said. Future funding will be used to build a second junior high, the superintendent added.

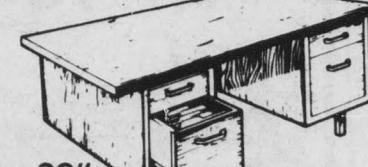
The district, which currently has over 5,000 students, will expand to between 8,700 and 9,000 students when built out.

See GROWTH/Page 12

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Sauvignon wines tested after 10 years

By Dan Berger
Copley News Service

The 1974 harvest in California's Napa and Sonoma counties was ideal for the growing of Cabernet Sauvignon, and when the wines were released, people used every sort of glowing adjective to describe them.

Now these wines are 10 years

old, and it is time to assess them, so an event was held involving 12 experienced wine judges. The wines were served in four flights. Here are the results by vote (with alcohol content listed in parentheses):

Flight 1

1. Tie between Simi Reserve, Alexander Valley (13.0 percent) and Sterling Reserve, Napa Valley (12.0). The Simi was

youthful, fresh and lively, though not very complex. The Sterling was impressive — rich, round, ripe flavors, but the high level of tannin remaining was bothersome. The judges felt both would improve in three to five years.

3. Burgess, Napa Valley (12.9): This tasted slightly older and ready to drink compared with the Burgess Vintage Selection tasted in flight 3. A minty quality

was appealing. Drink now.

4. Caymus, Napa Valley (13.0): A slight weedy/tinny character and an older aroma were offset by an earthy, Bordeauxlike charm. Drink now.

5. Robert Mondavi, Napa Valley, Reserve (13.0): Slightly brown. The huge, almost burnt, overripe aroma has a Bordeaux feel to it.

Flight 2

1. Freemark Abbey, Napa

Valley, Bosche Vineyard (13.2): Lighter with simpler fruit tones, but youthful; shows potential to improve for a few years.

2. Robert Mondavi Reserve (magnum) (13.0): This is the same wine as the one that finished fifth in the first flight, but poured from a magnum. The cedar, leathery, olive tones were clearly more impressive here than the same wine from a 750-milliliter

See WINE/Page 26

COINS

By Gary L. Palmer
Copley News Service

A tradition will draw to a close soon in Sweden. The end of June will see the end of "uneven" denomination coinage as the Scandinavian country money system becomes totally decimalized.

That means the 5- and 25-ore denominations will cease to be legal tender. Sweden halted production of those two coins late last year, ending 360 years of copper and bronze coinage that began with a crude rectangular piece called a "fryk" in 1624.

The modern 5-ore coin dates from the introduction of a modernized system in 1874 based on the krona or crown of 100 ore.

Swedish copper pieces are easily collected by date and mint series, by individual ruling monarchs or by type, and most are inexpensive in lower and medium grades.

Several exceptions, though, are the 1920 and 1927 5-ore pieces, which have price tags in the hundreds of dollars.

Now all Swedish coins will be divisible by 10 — 10 ore, 50 ore, 1 krona and 5 kronor — a true decimal system.

A krona, at today's exchange rate, is worth just over 10 U.S. cents.

The Mint apparently is finding few takers for its offer to sell by direct mail the unwanted Anthony dollars. That the government would even try again to foist the poor Suzies on the public resulted in a bit of sarcasm from readers to the weekly hobby publication Numismatic News.

One letter writer suggested they be used for foreign aid gifts and another had an even more devious plan: Use them to pay the salaries of legislators in Washington.

"They are, after all, the only ones who ever wanted them," wrote the hobbyist. "Perhaps if they had to deal with the ugly little things on a regular basis it would accomplish two goals: They would never pass such unpopular legislation concerning our coinage again and they

"might even think twice about voting themselves another pay raise!"

Three new bronze medals, duplicating gold medals authorized by Congress to honor Harry S. Truman, Danny Thomas and Elie Wiesel, now are available to the public at \$2.25 each by mail.

The Thomas medal (No. 680) was struck in recognition of the actor/comedian's humanitarian efforts and his contributions to St. Jude Children's Research Hospital.

The Truman medal (No. 681), presented to the late president's daughter, Margaret Truman Daniel, honored him for a lifetime of public service on the 100th anniversary of his birth.

Wiesel was honored with the medal (No. 683) for her accomplishments as a novelist, teacher, philosopher, historian, humanitarian and distinguished citizen.

Medals should be ordered (by number) from United States Mint (Medals), P.O. Box 500, Philadelphia, PA 19105.

Growth/from Page 11

The only large project that will contribute to the growth is a portion of the Victoria Planned

More than 4,000 homes from the Terra Vista Planned Community will impact Central School District, according to Superintendent Frank Cosca. That district recently ended 19 months of negotiations with Terra Vista developer, Lewis Homes. It was agreed that Lewis would build, furnish, and landscape two complete temporary elementary schools to be leased by the district for \$1 a year until it could receive Greene funding to build permanent school sites, Cosca explained.

"They will be temporary (schools) but they will be nicer than what most people envision as temporary," Cosca said.

Until the temporary sites are in place, all new students from Terra Vista will attend Bear Gulch Elementary School. Cosca said his district of 3,030

students will not need the temporary elementary schools until September 1986.

"We think we're in pretty good shape," he said. Cucamonga School District, which overlaps the city's industrial sector, is probably the least impacted of Rancho Cucamonga districts. "We've held our own for some time,"

said acting Superintendent Ray Trujillo.

Cucamonga's enrollment is expected to increase from 1,348 to 1,379 next year. The increase will be absorbed but after next year the district will look for additional facilities, probably portable classrooms, Trujillo said.

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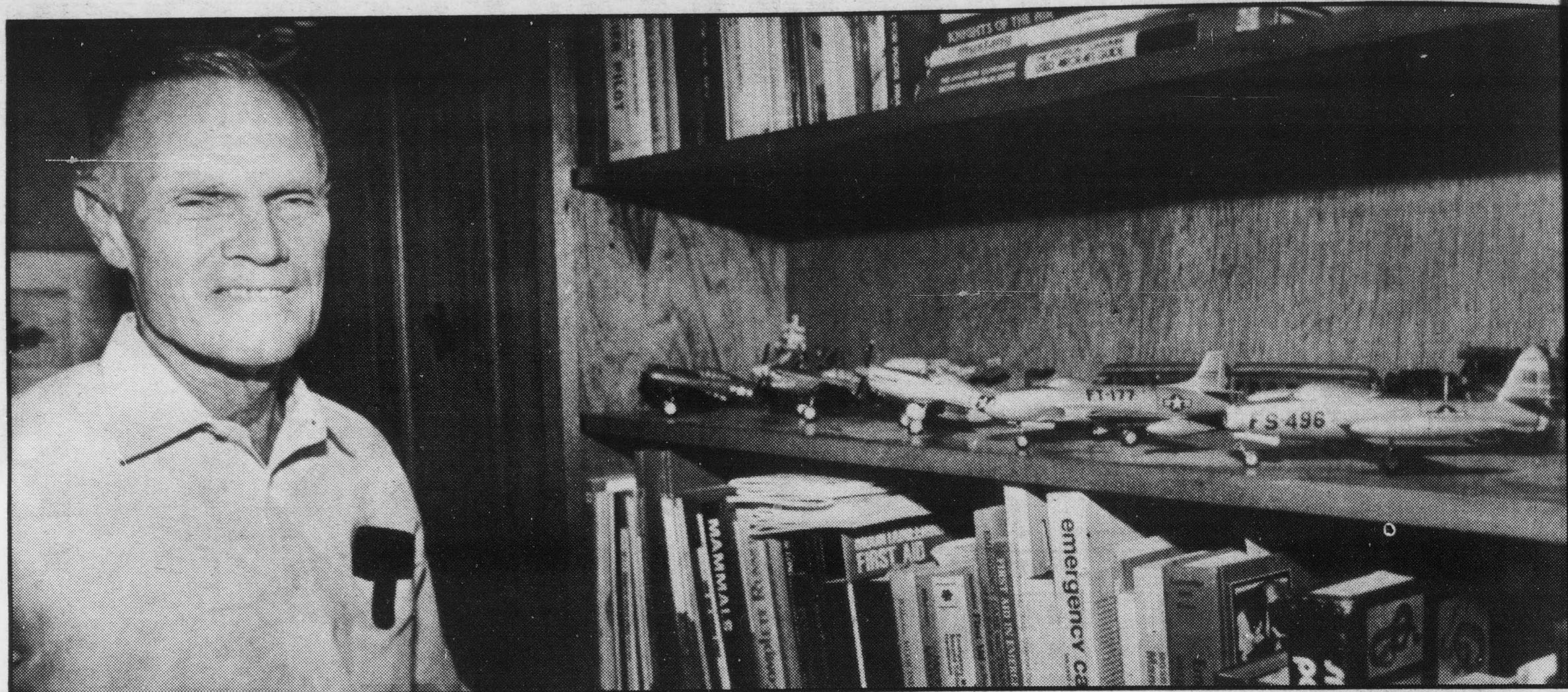
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Alta Loma to Iwo Jima

'The popular war'

in retrospect

The distances between Alta Loma and the battle zones of World War II were immense in miles and emotion.

While an occasional tractor sputtered through the orange and lemon groves that once draped the foothills of Rancho Cucamonga, whining fighter planes and bombers were ravaging Europe and the South Seas.

Recently, three Alta Loma residents recounted the era when they left their sleepy community and journeyed to the frontlines of the war.

At his Rancho Cucamonga home Friday, Vic Cherbak Jr. and his brother Al looked through aerial photos of German cities leveled by American bombers.

Vic, a B-17 pilot in the war, said he was "very fortunate" that during his 25 flying missions, his plane never suffered from the gun fire of German Messerschmitts that downed numerous B-17's in World War II.

Listening to brother Vic, Al — who spent much of the war on a destroyer in the South Pacific — interjected, "We both knew we were going to come back."

In response, Vic shook his head slowly in disagreement with his brother and said he doubted his own survival many times when his plane was "drawing flak" from German anti-aircraft guns.

During bombing raids over a Nazi ball bearing factory at Meseberg, East Germany, Cherbak's B-17 crew met heavy ground fire while attempting to dismantle the plant's production lines.

On one mission over the factory, Nazi ground gunners hit Cherbak's aircraft, cutting the fuel line of one engine and filling the body of the plane with gas fumes. "We were a floating bomb," he recalled.

Ordering his men to open the windows and move to the front of the plane, Cherbak and crew were able to air out the "limping" B-17 before it could be hit again and ignited.

As the plane fled German airspace, its fuel line continued to leak. In less than two hours the gas tanks were empty.

While the B-17 slowly descended through heavy clouds, Cherbak ordered his men

to prepare to bail out when the plane dropped to 3,000 feet.

But the clouds "opened" at 3,500 feet, and Cherbak and his navigator, finding themselves over Brussels, spotted an airfield that Allied forces had captured just three weeks earlier.

With one engine destroyed on the B-17 and another heavily damaged, Cherbak was able to land the "Flying Fortress" safely on the Belgium airstrip.

"I didn't know if I was going to get back or not," he said. "I got down to some pretty basic elements of life at that time — worrying about dying or being wounded for life."

Though more confident than brother Vic that the two would come home unscathed, Al said his experiences as a naval officer in the South Seas were equally harrowing.

Once while standing on a destroyer deck, Al and another sailor were attacked by a Japanese Zero. With machine guns blaring, the enemy craft hit Cherbak's companion in the forehead, killing him instantly.

Another time, a Japanese dive bomber, attempting to blow up

an aircraft carrier next to Cherbak's vessel, dropped its arsenal near the destroyer deck where Al was standing.

Cherbak said he and another officer saw the bombs falling from the sky. The fellow officer screamed, "Oh my God," and Cherbak yelled, "Don't move, it's too late!" The bombs landed in the water, 10 feet from where they stood.

After telling his account, Al turned to his brother Vic and said, "I think it was the prayers of our mother that brought us back."

This time, with an earnest nod, Vic agreed. "She was on her knees a lot."

Down the road a piece from Vic Cherbak lives his boyhood friend Art Bridge (former Rancho Cucamonga city council member).

Twenty years after the two began elementary school in Alta Loma, they found themselves in different parts of the world battling the Axis Forces.

Bridge, an army pilot in the South Pacific, remembered that Alta Lomans, like most Americans, ardently supported their soldiers. "Going to war was

the thing to do. Everyone was fully behind it. It was entirely different from Korea and Vietnam — it was a popular war."

While escorting American B-29 bombers over Japanese-occupied islands, Bridge fought off enemy Zeros that attempted to shoot down the bigger B-29's.

He was a squadron commander at Iwo Jima, when American fliers "softened up" the enemy lines with bombs and machine gun fire before the Marine invasion.

He too had his brush with death when enemy ground fire tore through his P-40 fighter, sending it crashing into the sea. After bailing out, Bridge sat in a raft for an afternoon and night until an American surveillance plane with pontoon landing gear rescued him.

The three Alta Loma veterans recalled a strong desire to fight the Germans and Japanese.

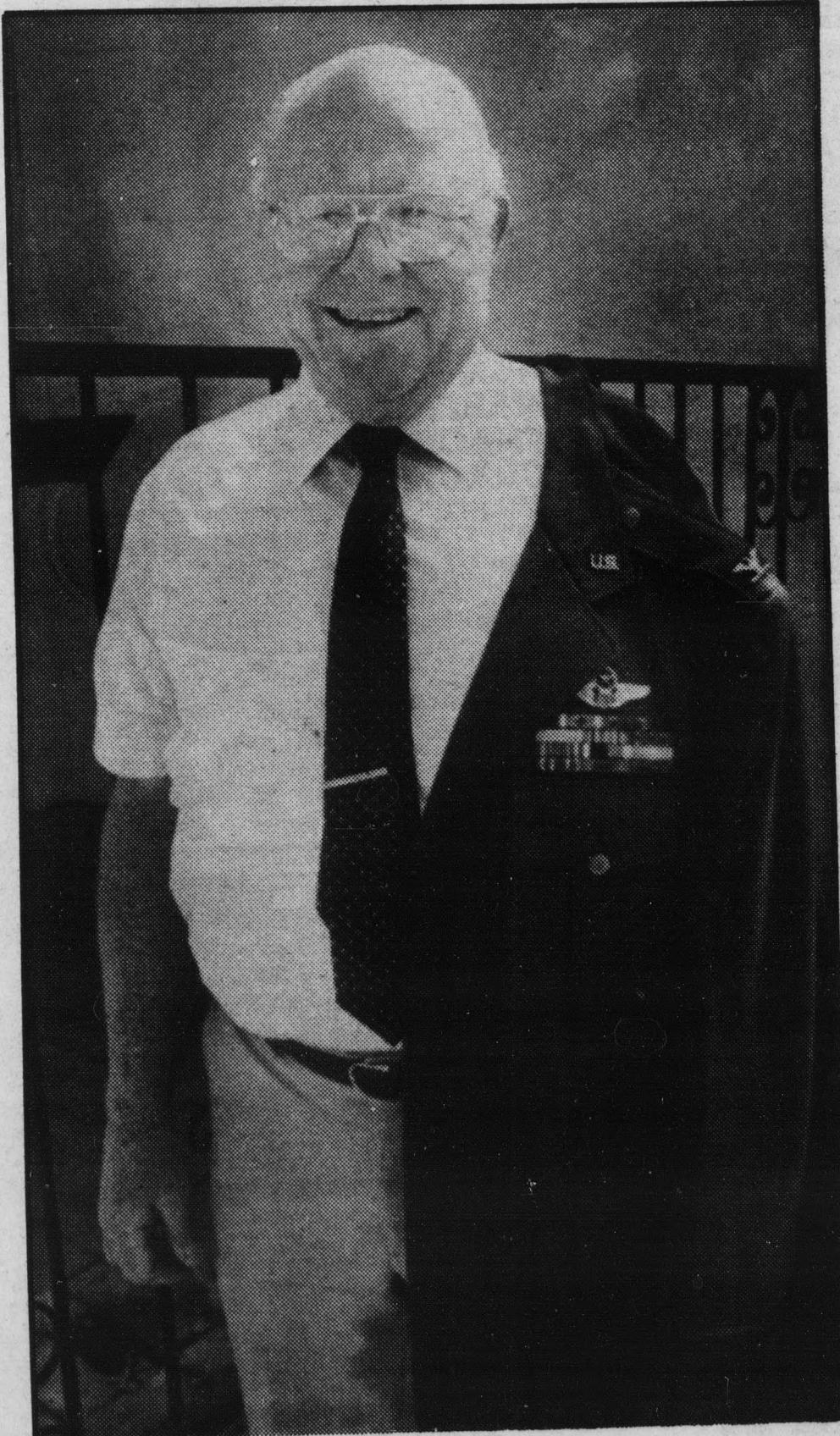
"War is the most immoral act that man can commit," said Vic Cherbak. "But with a dictatorship bent on the conquest of the entire world, we had no choice but to fight." □



Art Bridge (top left), Alta Loma resident and former Rancho Cucamonga city councilman, stands with his "fleet" of model planes, representing those he flew throughout a long military career. Dusting off an old war jacket, Vic Cherbak (below center) recaps the 25 missions he flew in a B-17 "Flying Fortress." On a South Pacific island, Art Bridge (middle photo — second from right) poses with his P-40 fighter "Miss Cappy," named after his wife Cathy Bridge. A 1941 copy of The Cucamonga Times (right) features Vic and Al Cherbak as the first Alta Loma men to attend the Army and Navy military academies respectively. The bombed out remains of Cologne (below right), reveal a cathedral that American bomber pilots, including Vic Cherbak, agreed not to destroy during raids on the city.

Story by Philip Boas

Photos by Eric Vilchis



The Cucamonga Times
The Home Paper for Cucamonga
City Living and Business

ELKS RUSH PREPARATIONS FOR PICNIC
Event To Be Held August 17 At Fuller Guest Ranch

BOARD DECIDES TO ABANDON FALL FESTIVAL
Venture Dropped When State Aid Plan Falls Through

Red Cross Official To Address Club

Johnston Ships Ellwanda Grapes

Cal-Aero Plans Observance of First Anniversary Sat.

Two Brothers Who Art In The Service
Two brothers who art in the service of their country are shown in this composite photo. On the left is Vic Cherbak, 28, of Alta Loma, a member of the 36th Bombardment Group, 9th Bomber Command, U.S. Army Air Forces. He is serving in the South Pacific. On the right is Art Bridge, 47, of Alta Loma, a member of the 35th Bombardment Group, 9th Bomber Command, U.S. Army Air Forces. He is serving in the South Pacific.



Las Vegas trip offered by Upland this weekend

A Las Vegas Turnaround with Upland Recreation Department is slated Saturday and Sunday.

Alta Loma Charter Lines will transport participants Saturday morning at 8 a.m. from Magnolia Recreation Center, 651 W. 15th St.

Upon arrival in Las Vegas, about 1 p.m., participants must stay at the Sands Hotel and Casino the first six hours. Later, they will be free to visit other casinos to gamble or take in one of the many shows Las Vegas has to offer.

All participants must be 21 years or older.

The bus will leave Las Vegas at 3 a.m. and return to Upland at approximately 8 a.m. Sunday.

Registration of \$10 per person
is being taken at Upland
Recreation office, 651 W. 15th
St.

For more information, call 985-0994.

Big Wheel Race set June 8 at R.C. Park

The sound of racing will fill the air June 8 as young competitors descend on Vineyard Park in Rancho Cucamonga for the Big Wheel Race.

Each racer will receive a participant ribbon, and those finishing in the top three places of each division will receive medals.

Division I, 2- to 3-year-olds, will race from 9:30 a.m. to 10:30 a.m.; Division II, 4- to 5-year-olds, will race from 10:45 a.m. to 12:45 p.m.; Division III, 6- to 7-year-olds, will race from 1 to 2 p.m.

All participants must supply their own Big Wheel Racer. However, participants may share racers. Entry fee is \$1.50.

Pre-registration and entry forms are available at any of the Rancho Cucamonga Community Service offices or facilities.

Junior high's Spring Choral Concert slated

The Alta Loma Junior High School Choral Department, under the direction of Joyce Martinez, will present its annual Spring Choral Concert Friday at 7:30 p.m. in the Alta Loma High School Auditorium, 8880 Base Line Road.

The seventh grade choruses will perform in concert during the first portion of the program.

The eighth grade advanced chorus then will present a musical drama about being 13-years-old, entitled "Coming of Age."

Admission is free.

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12-OZ. PEG. KRAFT AMERICAN SINGLES	169 EA.
16-OZ. PEG. PLUMROSE SLICED HAM	799 EA.
13-OZ. GALLO SALAME CHUB	329 EA.
DAKOTA FARMS MONTEREY JACK OR CHEDDAR CHEESE	799 EA.

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COUPON EFFECTIVE THURSDAY, MAY 30 THROUGH WEDNESDAY, JUNE 5, 1985

ALPHA BETA

Prices Effective Thurs., May 30 through Wed., June 5, 1985 at all Southern Calif. Alpha Beta Markets

Elks Lodge gives six \$1,000 scholarships

This story is being rerun due to a production error.

Six \$1,000 scholarships were awarded to local students by the Rancho Cucamonga Elks Lodge No. 2570.

Winning students were selected by Joe Palmisano and Gary Matteson of the Elks' scholarship committee.

The winners were Robert Crow and Kristine Keriven from Upland High School; Darren Kettle and Julie Lambert from Alta Loma High School; and Sam Poling and Camie Yngelmo from Etiwanda High School.

Newcomers are invited to coffee

An evening coffee meeting of the Alta Loma Newcomers Club will be held at the home of Lorraine Halverson June 6 at 7:30 p.m.

Coffees are held on the first Thursday of each month in member's homes, alternating between morning and evening meetings for women who work.

The newcomers' purpose is to help recent arrivals meet others in the area. However, current residents also are welcome to attend.

There are many activities from which to choose. Currently, a car rally and mystery dinner are planned June 8.

Prospective members are invited to the coffee. If interested, call Eileen Burkhan at 987-9922 or Leslie Marantz at 989-5755.

ETA accepting applications from youths

The Employment Training Agency now is accepting applications for its Summer Youth Employment and Training Program.

Each summer, the Employment Training Agency (ETA) offers jobs to economically disadvantaged youth, ages 14 to 21, who live in the West Valley cities of San Bernardino County — Chino, Montclair, Upland, Ontario and Rancho Cucamonga.

These jobs are designed to help young people develop useful work habits and job skills. The youths earn minimum wage or \$134 per week.

For more information and applications, interested young people should contact ETA, 1129 W. Fourth St., Ontario; or call 983-0775.

The ETA is a department of the city of Ontario that provides assessment, training and job placement to economically disadvantaged residents.



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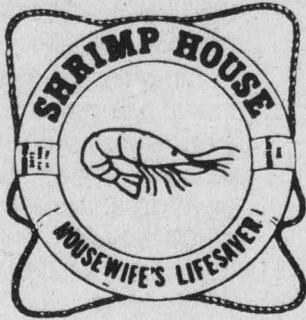
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962 W. FOOTHILL BLVD., CLAREMONT
(Just East of Towne Ave.)

DINING GUIDE

This Week's Featured Restaurant:



THE ORIGINAL SHRIMP HOUSE

The Original Shrimp House is located at 962 W. Foothill Blvd., Claremont, just east of Towne Ave.

A family seafood restaurant, The Original Shrimp House uses a nautical theme throughout its decor both inside and out. The exterior of the restaurant is a model red and white tugboat, complete with an anchor railing to guide you in. When entering you pass through a heavy dark wood door with a course porthole included and emerge into a pleasant relaxing restaurant decorated in heavy dark woods and seabearing accents.

The Original Shrimp House of which there are three have been owned and operated by the Collas family for 30 years.

For seafood lovers or those people desiring a change in dinner menus the Original Shrimp House is definitely a restaurant to partake of.

The Collas family has chosen to specialize in seafood and commented, "Freshness is one of their major concerns when purchasing or serving our food."

The Original Shrimp House's menu begins with appetizers and include shrimp and crab cocktails served with their own special cocktail sauce and fresh lemon.

Golden fried seafoods are offered for your main course choices including the Original Shrimp House specialities such as their jumbo fried shrimp, (and jumbo they are averaging 4-4 1/2 inches each), their fried Eastern scallops, frog legs and fish fillets.

One of the favorite choices from this sectio is the Captain Paul's De Lux Dinner which includes clam chowder and shrimp salad, Eastern oysters, Eastern scallops, fish fillet, shrimp, potato, tartar sauce and fresh lemon.

A few of the ship specialities from the broiler and grill include halibut, New Zealand sea bass, rainbow trout or red snapper fish fillets, accompanied with salad, potato, clam chowder, tartar sauce and fresh lemon.

Also from the broiler and grill is the Original Shrimp House's lobster dinner featuring an Australian lobster tail alone or with a choice New York steak and an Alaskan king crab legs dinner each served with salad, potato and clam chowder.

Salads, large and fresh are also available and include a seafood salad, a crab salad, a shrimp salad, a tuna salad or a green salad.

Prepared fresh daily is the Original Shrimp House's own clam chowder. Served both Manhattan and Boston style, with dinner or a la carte, cup or bowl servings and with oyster crackers it is both filling and delicious.

Fresh fish and blackboard specials, a Merchants Lunch menu along with additional lunch specials, served 11-2, Monday through Saturday, special budget dinners, children plates and a complete take out menu (which you may pick up at the register) is also provided.

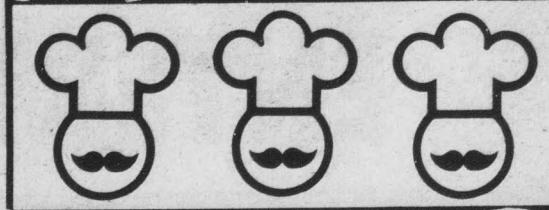
And the Collas family have not forgotten the land lubbers providing for them a choice of chicken, steak, hamburgers, brochettes and sandwiches.

Alcholic beverages are available from the cocktail lounge.

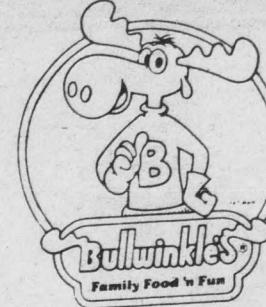
The Original Shrimp House was established for family dining, prices are reasonable and children are definitely welcomed. As their logo says, It is a "Housewife's Lifesaver."

MasterCard and Visa are accepted, group parties can be accommodated and their hours are Sunday through Thursday 11:00 A.M. - 10:00 P.M. and Saturday, 11:00 A.M. - 11:00 P.M.

962 W. Foothill Blvd., Claremont 621-6805

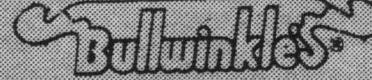


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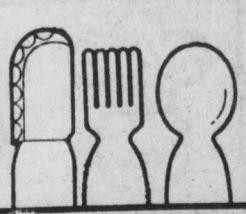
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ENTERTAINMENT & DINING GUIDE



STAMPS

By Lea Blauvelt
Copley News Service

National Tourism Week (May 19-25) saw the May 21 release of a 36-cent aerogramme with a travel theme, by the U.S. Postal Service in Washington, D.C.

Tourism in the United States directly employs 4.5 million people and indirectly employs another 2.2 million. It accounts for \$194 billion in spending — 6.3 percent of the gross national product.

People throughout the world share an urge to visit new places. Few countries, if any, can offer the number and variety of attractions available in the United States.

Annually, millions of Americans visit the nation's beaches, mountains, parks and the variety of special attractions in the cities.

However, this aerogramme, or international letter sheet, is aimed at the foreign visitor, and attempts to promote intercultural understanding. Most popular with visitors from other countries are the Grand Canyon, Hawaii, Disneyland and Disney World.

Designed by Dennis Lutzak, the new aerogramme sports a stylized urban skyline for the printed indicia with "USA '86" below in a single line. In the

lower left corner of the front of the aerogramme are the words "Celebrate America" and "Aerogramme/Via Airmail/Par Avion."

The reverse side shows a full-color montage consisting of a skier, a cowboy, an Indian chief, Pilgrims and a jazz trumpeter — all superimposed over the word "America."

Folding instructions are printed on the reverse side, plus the words "Travel ... the perfect freedom" on the top flap.

Collectors desiring first-day cancellations may purchase the new aerogramme at local post offices. Fold properly, address and mail to: Customer Provided Stationery, Postmaster, Washington, DC 20066-9991.

If the USPS is to supply the air letter sheets, send 36 cents (in check form only) for each sheet wanted, to: Travel Aerogramme, Postmaster, Washington, DC 20066-9992. Postmark all orders by June 20.

A 22-cent commemorative stamp honoring AMERIPEX '86, the international philatelic exhibition to be hosted by the United States next year, was issued May 25 in Rosemont, Ill., in conjunction with COMPEX '85, the annual national-level stamp show for the Chicago area. This year it was held in the suburb of Rosemont.

The Chicago area will be the host for AMERIPEX '86, May 22-June 1. It will be the major international show held in the United States this decade. Shows are held every 10 years. The last such show was INTERPHIL '76, held in Philadelphia.

The AMERIPEX '86 stamp was designed by Richard D. Shaeff and is in a square format, offering a stamp-on-stamp design featuring the U.S. 1-cent Benjamin Franklin definitive used 100 years ago.

To secure first-day cancellations, collectors may purchase the stamp at local post offices, affix to addressed envelopes and send to: Customer Affixed Envelopes, Postmaster, Rosemont, IL 60018-9991.

Those wishing the USPS to affix the stamps should send addressed envelopes, plus 22 cents for each stamp to be affixed, to: AMERIPEX '86 stamp, Postmaster, Rosemont, IL 60018-9992. (No cash please; checks only.) Postmark all orders by June 24.

On May 11, the USPS issued a 22-cent commemorative in Madison, S.D., noting the 50th anniversary of the Rural Electrification Administration. (The philatelic releases on this were received late.)

President Franklin D. Roosevelt created the REA by executive order on May 11, 1935, and it was established permanently by an act of Congress the following year, which authorized it to serve as a lending agency and to develop a program for rural electrification. The REA now is a part of the Department of Agriculture.

The stamp depicts a rural scene with wires running from an electrical pole in the foreground to a cluster of illuminated farm buildings. It was designed by Howard Koslow.

Procedures for ordering first-day cancellations should be familiar to our readers by now. The two addresses on this stamp are:

Customer Affixed Envelopes, Postmaster, Madison, SD 57042-9991 or REA Stamp, Postmaster, Madison, SD 57042-9992.

Postmark deadline for all orders is June 10.

Check your local post office

for the 11th edition of "The

To receive a sample copy of the *Philatelic Observer*, send 50 cents in coin to Vic Pawlak, P.O. Box 5254, Phoenix, AZ 85010. A membership application also will be sent.

Postal Service Guide to U.S.

Stamps" (\$3.50), for the "1984

Definitive Mint Set" (\$4) and

several wildlife-related philatelic

products, such as the "American

Wildlife Album" (\$3.50),

"Animals Collecting Kit" (\$2.50)

and "Creatures of the Sea

Collecting Kit" (\$2.50).

For the Novice: What is JPA? JPA stands for Junior Philatelists of America, a society geared to members age 21 and younger. (Those 22 and over may become adult supporting members.)

Members of JPA receive the *Philatelic Observer* six times each year and can take advantage of other membership benefits, including auctions, exchange services, a pen pal service, exhibition awards.

'Rambo' /from Page 18

figure, are more than paid for by what's saved by not buying any shirts for Stallone.

"Rambo" was written by Stallone and James Cameron, who not too long ago unleashed "The Terminator." Is it possible ... Nah. "Rambo vs. the Terminator"? "Rocky XXV vs. the Terminator"? Both of them, after all, are running out of worthy foes.

George P. Cosmatos directs in predictable bang-bang style, which is a lot zestier than Stallone's acting. Much of the rest of the cast is along for the ride, including, unfortunately, Crenna, who is a fine actor, and Charles Napier, who makes a nifty, underhanded villain. Acapulco, though, does a good job as Vietnam.

There aren't any surprises to "Rambo," but, then, that's been the case for a while with Stallone's movies.

"Rambo: First Blood Part II" is rated R.

Dialogue puts it, what some consider hell Rambo considers home.

So there's the hero, armed at the start with a knife, a bow and some arrows, fighting not only the communist horde, but also his own people who callously abandon him.

A description of what follows can't be summed up any better than it is in a press release: "Driven by a fierce personal code of ethics and compassion

for his imprisoned fellows, Rambo violates orders." He also violates credibility, but that's nitpicking. And the press release continues: "Embittered, he vows to bring his own brand of revenge to all those who have made him an enemy."

And he does, in pyrotechnic fashion. All the explosions, I

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(Between Campus & Grove)



DINING GUIDE

RESTAURANT SPOTLIGHT:



OLD FRIEND CHINESE RESTAURANT

Old Friend Chinese Restaurant, 1401 E. Foothill Blvd. in Upland, offers three kinds of Chinese cuisines: Szechuan, Mandarin, and Cantonese at affordable prices.

Owners Michael Lau and Philip Lau have combined their 15 years of restaurant experience in creating a relaxing atmosphere coupled with delicious food.

Located in what was formerly the Upland Zody Center, the Old Friend Chinese Restaurant has for 3 years offered its high quality service and fresh ingredients to make your dining experience a pleasure.

Each dish is prepared to order, whether it is a house specialty like lemon chicken, crispy duck, moo shu pork, ma por to fu, a hot and spicy dish, assorted birds, nests of shrimp, chicken, barbecued pork and assorted vegetables in a potato basket or family style dinners.

Even such specialty items as Peking duck, whole winter melon soup, crystal shrimp, stuffed duckling and stuffed chicken are available with 24 hours advanced orders.

Luncheon specials are offered Monday through Friday until 3 p.m. They include Egg Flower Soup, Hot and Sour Soup, egg roll, chicken stick, pork fried rice and cookies. The specials include an entree and are priced at \$3.75 and less.

Philip, the chef for the restaurant, has worked in London and Los Angeles Chinatown. He has been awarded the coveted Silver Award from the Southern California Restaurant Writers Association for his exceptional cuisine.

The restaurant also has a fully equipped cocktail bar separated from the main dining room and is decorated in an Oriental motif and features a variety of alcoholic refreshments.

The restaurant is open seven days a week Monday through Thursday, 11:30 a.m. to 9:30 p.m., Friday and Saturday, 11:30 a.m. to 10:30 p.m. and Sunday 3:00 p.m. to 9:30 p.m.

The restaurant is available for banquets and will cater parties.

For more information or for reservations for large parties, call 981-0910 or 981-0913.

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FIRE CALLS

Upland Fire Department handles a wide variety of calls every week. Information provided here is compiled and submitted by the fire department to give taxpayers a glimpse of the types of alarms it answers.

May 17

Reported structure fire. Found to be electrical failure, heat from light bulb caused small fire in light fixture in store. Extinguished with fire extinguisher, approximately \$300 damage. 2100 block West Foothill.

III subject. 51-year-old male with pain and numbness on right side. 1300 block Fifth Avenue.

III subject. 86-year-old female with difficulty breathing. Taken to hospital by ambulance. 200 block Garnet.

III subject. 74-year-old male with difficulty breathing, pain in chest. Taken to hospital by ambulance. 1500 block West Arrow.

Traffic accident. 25-year-old male with abrasions to both hands, right hip, right shoulder and right ankle. Taken to hospital by ambulance. 1300 block West Foothill.

Fainting. 49-year-old male fainted for unknown reason. Did not need medical attention. 600 block East Foothill.

Station tour. For several 2-year-olds.

Water salvage. Removed approximately 10 gallons of water from kitchen resulting from broken dishwasher. 1300 block Winston.

May 18

Seizure victim. 29-year-old male had possible seizure, lacerated tongue and had broken tooth. Taken to hospital by ambulance. 81 W. Foothill.

Fall victim. 88-year-old female fell and hit head on table. Taken to hospital by ambulance. 1400 block West Seventh Street.

Difficulty breathing. 88-year-old male had possible stroke. Taken to hospital by ambulance. 400 block Mia.

Fight victim. 48-year-old male kicked in chest. Taken to hospital by ambulance. 1200 block West Foothill.

Chest pains. 76-year-old female with chest pains. Taken to hospital by ambulance. 800 block North Second Avenue.

May 19

Trash fire. Unknown set fire to dumpster in apartment complex. 1000 block West Seventh Street.

Traffic accident. 44-year-old male with head, neck and back injuries. 37-year-old male with injuries to leg and rib area. Both taken to hospital by ambulance. 600 block North Mountain.

Possible natural gas leak. Found to be pilot light from stove was out, would not stay lit. Advised to contact gas company. 300 block East C Street.

Possible structure fire. Residents reported smoke in structure, unable to find source of smoke. 500 block Richland.

Reported seizure victim. Cancelled en route. 500 block East Ninth Street.

May 20

Traffic accident. 24-year-old female with laceration to forehead. Taken to hospital by ambulance. 500 block West 22nd Street.

Traffic accident. 18-year-old female with possible neck injuries, pain in rib area. Taken to hospital by ambulance. Central and Foothill.

Vehicle fire. Discarded cigarette caused fire in passenger area of vehicle. Approximately \$500 damage. 1400 block West Eighth Street.

May 21

Vehicle fire. Heat near combustible materials caused fire in passenger compartment of vehicle. Approximately \$1,800 damage. 300 block Stillman.

Reported traffic accident. Unable to locate any problems. Central and Arrow.

Fall victim. 67-year-old female with pain in left side of rib area. Taken to hospital by ambulance. 200 block Garnet.

III subject. 85-year-old female with nausea, dizziness, could not walk. Taken to hospital by ambulance. 500 block East Ninth Street.

III subject. 72-year-old female with general body weakness. Did not want transportation to hospital. 900 block East Foothill.

Possible heart problem. 81-year-old female with shortness of breath, high fever, possible heart problems. Transported to hospital by ambulance. 1500 block West Arrow.

Assist citizen. Female locked out of her vehicle, engine company unable to make entry. Officer Wiese from Upland Police Department responded and made entry into vehicle. 16th and Mountain.

May 22

III subject. 21-year-old male having difficulty breathing. Possible diabetic

reaction. Taken to hospital by ambulance. 900 block West Seventh Street.

Difficulty breathing. 1-year-old baby boy possibly swallowed something. Lungs checked were okay, baby breathing normally. Mother to take to doctor on her own. 1200 block North Third Avenue.

Difficulty breathing. 79-year-old male having difficulty breathing. Taken to hospital by ambulance. 800 block East 11th Street.

Chest pains. 64-year-old male with dull pain in chest. Taken to hospital by ambulance. 300 block Amber.

Reported rescue. Found to be woman needing transportation to hospital only. Ambulance company handled. 800 block West Ninth Street.

Traffic accident. Montclair area. Assisted until ambulance arrived. Moreno and Benson.

Reported traffic accident. Cancelled en route. 14th and Euclid.

Reported vehicle fire. Found to be overheated vehicle, no fire. Seventh and Euclid.

Reported structure fire in Montclair. Cancelled en route. 9200 block Monte Vista.

Investigation. Informant reported several explosions. Unable to locate source of noise. 1500 block Columbine.

Reported traffic accident. Overturned vehicle on offramp of Euclid and Freeway. Was non-injury, handled by Ontario.

Structure fire. Discarded cigarettes caused small fire in living room or residence. Approximately \$1,500 damage, no injuries. 800 block Altura.

Kitchen fire. Subject cooking, fell asleep and food caught on fire. Little damage, no injuries. 400 block Alpine.

May 23

Unconscious subject. 80-year-old female had possible seizure, incontinence, loss of consciousness. Taken to hospital by ambulance. 1300 block Crofton.

III subject. 60-year-old male with difficulty breathing and weakness. Taken to hospital by ambulance. 1500 block North Mountain.

Unconscious subject. 45-year-old female lost consciousness. Taken to hospital by ambulance. 800 block North Mountain.

Heart problems. 70-year-old female having problem with her defibrillator. Taken to hospital by ambulance. 2300

block North Laurel.

III subject. 74-year-old male with pain in left hip area. Taken to hospital by ambulance. 1300 block San Bernardino Road.

Traffic accident. Victims on motorcycle. 36-year-old male with multiple abrasions. 28-year-old female with possible fractured leg, numerous

abrasions. Both taken to hospital by ambulance. 100 block West Foothill.

Possible beating victim. 51-year-old male with pain in stomach area. Taken to hospital by ambulance. 100 block West Foothill.

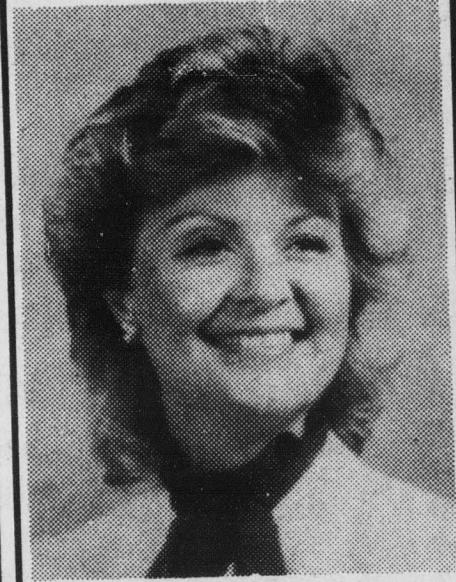
Grass fire. Unknown set fire to open field area, no damage. 300 block South Euclid.

Rolls' owners get a little service

sable coat."

Since 1906, Rolls-Royce Ltd. has produced 95,000 of the hand-made cars, which West says has no challengers since the demise of the Duesenbergs, Hispano-Suizas and Packards.

Bridal Bouquets



by Deborah Armbruster

NOTES FOR THE BRIDE

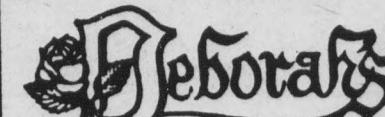
Let's face it, the bride usually has a lot more to do before the wedding than the groom. But he doesn't get off scot-free! Here are some guidelines for him.

Three months before the wedding, you'll need to arrange for your family's guest list to give to the bride's family. This is also the time when you should start looking around at wedding attire (you'll probably want your fiancee to come along). If you haven't already, you need to choose your best man and ushers to be in the wedding. It's also the time to make honeymoon arrangements!

A month before the wedding, order tuxedos for yourself and the male members of the wedding party. Find out who among your ushers and guests will need overnight accommodations for the wedding, and arrange them. Buy a wedding gift for the bride, and gifts for your attendants.

A week before: get the final fitting for your tuxedo. Remind your wedding party of rehearsal arrangements, including the rehearsal dinner. Start packing for the honeymoon!

There will be no last-minute worries when you've arranged your wedding with Deborah's.



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PHOTO TIPS

By Holt Confer
Copley News Service

How often have you been leafing through a magazine, seen a photograph that made you pause for a moment and then asked yourself why you didn't ever think of viewing a subject that way?

The way each of us "sees" a prospective picture is a highly individualized thing. Some people have a natural affinity for "seeing" things in unique, attractive ways, while other people need to study other photographers, practice their artistic vision and actually learn how to make striking pictures.

While being naturally artsy-craftsy is an undeniable advantage, if you aren't there's really no reason to think of giving up photography for bowling. But let's start at the beginning of the "seeing"

process. Kodak's Workshop Series volume on the "Art of Seeing" (probably available at your local camera shop for \$8.95) takes readers through the five steps of "seeing." Here's how they describe the process:

1. Vision begins with light entering your eyes.
2. The cornea, a curved transparent window at the front of the eye, strongly bends the light. Behind the cornea, the lens changes the light's curvature to focus images of subjects at different distances. The iris, the colored part of the eye, functions like an aperture diaphragm, narrowing in bright light and opening in dim light. The pupil is the aperture through which light enters the eye. The pupil doesn't "see," rather it forms images of light on the retina. The retina electrically codes those images and transmits them to the brain.
3. The retina, lining the inside

of the eyeball, senses incoming light. An outgrowth of the brain, the retina makes the eye the only sense organ directly linked to the brain. The retina has two types of light-sensitive cells: rod cells and cone cells. Rod cells function mainly in dim light and give black-and-white vision. Cone cells function in bright light and provide color vision.

Before light reaches the retina, it passes through blood vessels and nerve cells that filter out 90 percent of the entering light. The area of sharpest vision in the retina is the fovea. It contains 35,000 cone cells and no rod cells. Nerve cells and blood vessels skirt around the fovea to give free entry of light. The fovea is only one-fiftieth of an inch in diameter. Within the fovea, each cone cell connects to a single bipolar nerve cell to give high resolution. Outside the fovea, each bipolar nerve cell

connects to several cone cells giving lower resolution. The image formed on the retina is small, upside down, and moves with each flick of the eye or nod of the head.

4. Even though seeing occurs within the brain, seeing is not a direct representation of the retinal image. Before reaching the brain, electrical signals have been edited and interpreted by nerve cells and relay centers. The signals reaching the brain are handed out to different areas of the visual cortex. The arrangement of the visual cortex may represent a spatial relation to the retina. Specific cells and sometimes specific columns of cells respond to certain colors, contours, line orientations and movement. Other cells react

more generally — any line and a variety of colors may cause them to respond. From this data, the brain builds a model of reality and we "see."

5. What we see and how we see is not strictly a matter of physiological responses. Some visual nerve cells may have memory that responds to previously seen lines and shapes, while other responses are determined by past experiences. Additionally, many things we see depend on emotions. The hungry person sees a restaurant sign, the person late for an appointment sees a clock and so on. The brain does not really respond to every image formed on the retina, but selects one or two areas important at the moment.

Keep young looking with healthy attitude, exercise, good nutrition

By Dan Bennett
Copley News Service

Let's face it. The settling of age into the face and body — the lines, the brown spots, the excess layers — can be difficult to accept when they stare back at you in the bathroom mirror every morning.

It's especially frustrating when you see those signs in

your own face, but not on your neighbor's. You know, that friendly and athletic one, the woman who always is decked out in a brilliant white tennis skirt and the ever-present tan. She doesn't show those aging symptoms. And she's two years older than you.

And why does that guy who is battling you for the next step on the company ladder have to look as though he's spent the past

three years in Shangri-La? What are the secrets to looking young? There are no secrets, really. According to experts in nutrition, facial care, exercise and the mental processes of middle age, the procedures are simple and practical. To participate, though, takes time, discipline and an understanding that the aging process happens to everybody. See YOUTH/Page 24

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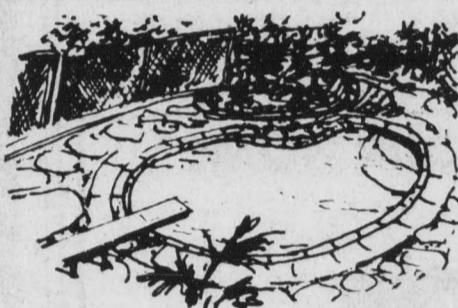
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Includes: heater, 50' gas, 3 jets, tiled dam wall & benches.

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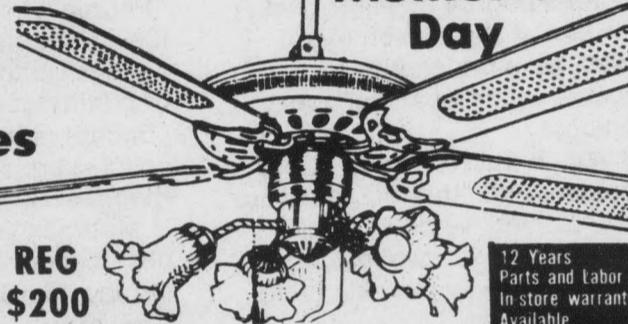
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12 Years
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• Wood Blades
• 5 Speeds
• Lite Kit
Excluded

• 36" Wood Blades
• Variable
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Scientists exploring 'flow state' of athletes

By SCIENCE DIGEST
A Hearst Magazine

Current scientific research into brain activity could translate into a whole new set of record-setting sports performances.

Scientists are exploring "flow state" which, according to an article in the June issue of Science Digest, is what allows

drivers at the Indianapolis 500 to make automatic split-second decisions while driving at 220 miles per hour.

The phenomenon known as "runner's high" also may be a form of flow state.

"It's when you know what you have to go after, and that's all that matters," Mario Andretti said in describing flow state.

Driver Benny Parsons put it this way: "Everything is under control. The world is at your fingertips, and you're revolving it any way you want to."

Scientists are exploring the phenomenon.

"We know it exists, but we don't why," said Richard Suinn, head of the Colorado State University psychology

department. "If we did, we'd see records fall within minutes of each other. We're not anywhere near this. We're just scratching the surface of speculation."

Research centers on the different functions of the two hemispheres of the brain. The left half deals with analytical or tactical reasoning, while the right side is intuitive and deals

with spatial tasks.

Time distortion is another aspect of flow state. Athletes say complicated maneuvers that take only milliseconds feel like they are being performed in slow motion.

"The monitoring of time is primarily a left-hemisphere activity," said exercise researcher Brad Hatfield.

Youth/from Page 23

no matter how fast or far he or she may run.

What you need to do, the experts say, is study the evidence carefully and find out what program best fits your physical and emotional needs.

Treila Krueger is a skin care and nutrition consultant based in Sacramento. Her recent book, "All Clear: An Everyday Guide to Total Skin Care," addresses all aspects of skin maintenance, including nutrition, exercise, cleansing, moisturizing, toning and makeup application.

Krueger, who earned her master's degree in health and nutrition at the University of Texas, asks her clients to become aware of all aspects of skin care.

"Watch out for dehydration," Krueger said. "Internal moisture is something we don't think about when what we're worried about is the way our skin looks on the outside."

Fruits and vegetables — the old standbys — are a good source of retaining that moisture, Krueger said.

As for the sun's effect on skin, Krueger repeats what most people don't want to hear but are sure they will. The sun is an enemy of skin exposed to it in excess.

"Wear a sun block," Krueger said. "A lotion that blocks out the sun protects against premature wrinkles. But when you're choosing makeup for either indoor or outdoor wear, choose one with an oil base instead of a water-based foundation. This helps lock in the moisture."

For many people, keeping young is part of a total self-image improvement package. They want to keep face and figure trim and youthful.

"Most people who become aware of their physical image

develop a whole series of items they want to work on," said Dr. Bob Mulligan, a fitness therapist. "They look for ways to start feeling like they're feeling better. It's all tied in to a self-concept about being younger."

Mulligan stresses the idea of total body conditioning, even if a prime concern is the youthful image. He promotes the idea that if you get the heart and lungs to function properly, everything else starts working that much better.

"It's tone, it's muscle conditioning," Mulligan said. "People who are living out the idea of looking and feeling younger also stay vital in terms of quality of life. The general concept is that many people who don't exercise spend much of their last 30 years in ill health."

Mulligan sees training and physical conditioning as a form of play. The very process, he said, makes you feel more youthful.

"Many of the people who you think of looking younger look that way not necessarily because they are in great physical condition," Mulligan

said. "A lot of times, it just has to do with attitude."

That attitude also is important when examining a commitment to staying young from a psychological point of view.

Dr. Arline Rosen, a psychologist who specializes in middle-age crisis, says the increasing number of both men and women venturing into the hospital for plastic surgery indicates that people are as worried as ever about looking young.

"As a whole, the population is getting older, despite what they like to think," Rosen said.

"People are trying to take care of themselves by doing a variety of things — both mentally and physically."

Rosen points out that nobody wants to look old or to be old. There are few positives in such a state. But the way they handle the inevitable is perhaps what separates the happy from the not-so-happy.

"Take people who are recently retired, for example," Rosen said. "They aren't quite sure how to deal with what they can do."

See YOUTH/Page 30

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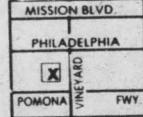
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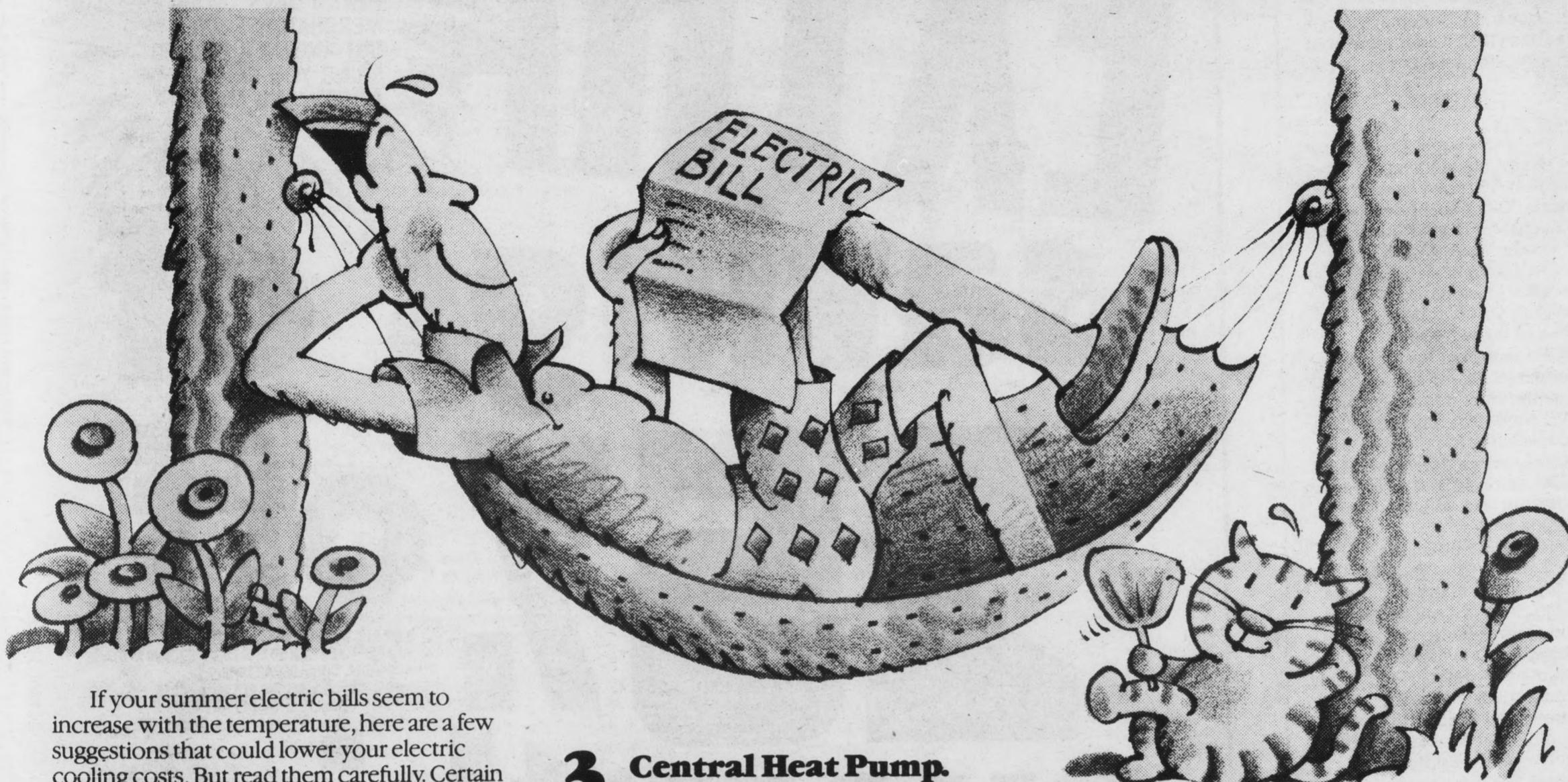
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Southern California Edison

Wine /from Page 12

bottle. Elegant and well preserved. Consume within five years.

3. Tie between Clos du Val, Napa Valley (12.8) and Chateau Montelena, Sonoma (13.2): The Clos du Val was lighter than many of the wines here, but had ample fruit and a slight cinnamon tone. Drink soon. The Chateau Montelena was my No. 1 wine of the flight, a lighter, classic, balanced wine with a silky finish.

5. Souverain, Sonoma, Vintage Selection (13.0): Older aroma but with soft, elegant charms. Drink now.

Flight 3

1. Heitz, Napa Valley, Martha's Vineyard (13.0): An absolute classic. This minty-herbal gem is still youthful in aroma and taste, with cedar/vanilla hints and perfect fruit and structure in the mouth. A glorious experience, and clearly one of the finest wines of the vintage.

2. Pope Valley, Napa and Sonoma (12.0): An amazing find, since the wine originally sold for \$3.75. Smooth, aromatic wine that reminded me of pipe tobacco, with a toasty vanilla/chocolate complexity. Not much acidity left, but an immensely pleasing wine.

3. Robert Mondavi, Napa Valley (12.0): This "regular" bottling exhibits great balance, though there is a slight bacon/wood aroma adding to the complexity. Drink soon.

4. Joseph Phelps, Napa Valley, Insignia (13.8): The most controversial wine of the event. Its high level of volatile acidity (which smells slightly like vinegar), bothered some tasters; others felt the characteristic was an added level of intrigue.

5. Fetzer, Mendocino (12.0): A sleeper. A slightly tinny aroma was eventually replaced with youthful fruit aromas. The wine is still young and needs at least two more years to develop.

Flight 4

1. Tie among Chateau St. Jean, Sonoma County (13.0), Sterling, Napa Valley (12.5), and Stag's Leap Wine Cellars, Stag's Leap Vineyards (13.0): The first red wine made by Chateau St. Jean was from grapes in the Laurel Glen vineyard. It is rich, full and complex. Very attractive. Sterling's "regular" bottling is the equal of the far more expensive Sterling Reserve. It is youthful, needing more aging time, and has a marvelous fruitiness in the finish. The Stag's Leap is herbal and complex. All three wines can improve with aging.

4. Mirassou, Monterey County, Harvest Selection, unfiltered (13.6): Lean, youthful and fruity, the wine appears as if it might improve with more aging.

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Early detection key against colorectal cancer

By Jack Williams
Copley News Service

Antibiotics were pumping through her veins. A tube probed the remote chasm from her mouth to her stomach. And her colon, ruptured by a tumor, had become a useless burden.

Norma Shiner clung to a thread of life that seemed to be getting more tenuous by the minute.

"I wasn't expected to make it," she recalled.

Not after her second bout with colorectal cancer. Not after repeated blood transfusions and a devastating infection. Not after the removal of 7 feet of colon.

Yet now, nearly three years later, Shiner counts herself among the fortunate few: a former cancer patient who is healthier than before her two episodes. She has learned to eat differently, to exercise regularly, to steer her lifestyle, at 62, along the path of least resistance.

Shiner, a San Diegan, is among the 45 percent of colorectal (colon and rectal) cancer victims who survive. Cancer researchers expect to handle 138,000 new colorectal cases in the United States by the end of the year — second only to lung cancer. And 55 percent of such victims are expected to die within five years, according to Dr. Howard Robin, chairman of the education committee of the American Cancer Society, San Diego County branch.

However, pointed out Robin, if detected in its earliest stage, the cancer is curable in 90 percent of the cases.

Early detection. To the medical community, it is the No. 1 priority today in the defense against colorectal cancer. All people 50 and older (93 percent of colorectal cases occur after the age of 50) are encouraged to undergo an annual examination consisting of:

- An occult blood test, to detect hidden blood in the stool.
- A digital rectal exam, which checks for tumors in the rectum.
- A proctosigmoidoscope, which examines the colon.

If the tests sound uncomfortable and intimidating, consider the disease itself.

Shiner understands. She only wishes she had been more vigilant a decade ago, and she wishes she had been less reluctant to discuss her symptoms with her physician.

"Four years previous to my first cancer surgery," she said, "I had a proctoscope and X-ray (two detection measures), then a proctoscope every year after that — but I didn't have other procedures. It was my fault, not my doctors'."

"I feel a person has to be responsible for his own health, and that includes going to a physician for a regular screening. It's up to you to become educated and ask for these tests."

Shiner, a retired accountant, detected subtle symptoms "about three or four months before my colon ruptured," she said. "I would have pain, but it would go away."

Symptoms, according to Robin, include:

- Anemia due to blood loss.
- Black, tarlike stools.
- Pain with defecation and change in the shape and size of the stool.

Said Robin: "Blood in the stool could be a sign of rectal cancer, diverticulosis or hemorrhoids. The presence of blood doesn't necessarily indicate cancer."

"Maybe only 10 to 15 percent of those with blood in their stools may have cancer. With the others, there is something wrong, but we don't want to scare them into thinking it's cancer. Sometimes if they've had recent dental work, where blood is swallowed, blood can show up in the stool."

"Some show blood in the stool because they eat meat. We recommend that the person stop eating meat during the testing procedure. We like them to observe a high-fiber diet, which increases the quantity of the stool. And they should not take vitamin C for two days prior to the testing procedure, because this can produce a negative test when blood is present."

"Those with a positive test," said Robin, "will be asked to see a doctor for a follow-up, and the doctor can be recommended by the Medical Society. Not

everyone with a positive test has a malignant tumor.

"If a growth is detected (as opposed to a tumor), it is 100 percent curable."

Colorectal detection procedures, said Robin, should be part of an annual physical examination for all adults over

the age of 40. "One test," he pointed out, "will not detect all cancers."

Colorectal cancer, statistics show, occurs slightly more often in women than in men. Eighty-five percent of all rectal cancer patients and practically all colon cancer patients do not need a

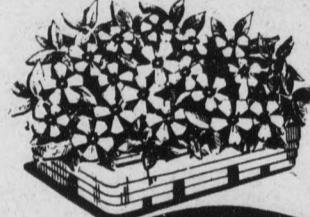
colostomy when diagnosed at the earliest stages.

Sadly, a study commissioned in 1982 by the ACS indicated that most adults 40 and older do not consider the three recommended early detection tests a part of their regular health checkup.

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SPORTS

Upland swimmers sparkle

Upland High School's girls' swim team placed fourth in the team standings, and the 200-medley relay team claimed first place in the recent CIF 3A meet.

Lisa Gillespie, Lisa Derby, Kim Kirkpatrick and Leah Otto won the relay with a clocking of 1:54.88.

Gillespie also picked up a pair of second places, turning 1:50.88 in the 200 freestyle and 4:53.0 in the 500 freestyle.

Otto was fifth in the 100 butterfly (1:00.05) and ninth in the 200 freestyle (1:59.04).

Derby garnered a 13th in the 100 breaststroke (1:13.30), and Kirkpatrick was 15th in the 100 butterfly (1:04.10).

The Highlanders, under coach Carol Blohm, enjoyed a banner season, winning the Baseline League title (6-0) and going 10-1 in dual meets.

Upland counted wins over Los Altos, Walnut, Eisenhower, Don Lugo, Chaffey, Fontana, Alta Loma, Claremont, Montclair and Glendora while losing only to Indio.

The Highlanders scored more than 100 points on five occasions.



CIF CHAMPS — Upland swimmers (left to right) Lisa Gillespie, Lisa Derby, Kim Kirkpatrick and Leah Otto combined for a 1:54.88 clocking and first place in the CIF 3A 200-yard medley relay in recent action.

Cycling club continues growth pattern after year's operation

By ANITA MC SORLEY

The Alta Loma Cycling Club has been operational for about one year. Word of mouth has expanded the membership to 60 enthusiastic riders.

Organizer, president, instructor and donor Bill Wheeler says, "I guess we're ready to become a formal organization now, with a board of officers, dues and all the things that a real club has."

Wheeler and a friend started the club with just a bunch of friends who all like riding bicycles long distances for the fun, health, activity and exercise involved.

As self-appointed president, Wheeler types up the route sheets for each month's rides, incurs the cost of printing and distributes them to bike shops in the Alta Loma-Cucamonga area where they are picked up by interested persons.

There is a ride scheduled for every Sunday morning.

"Most of the time, we meet in the parking lot by JT Bicycles on Archibald and Foothill," says the Alta Loma resident.

Rides begin around 7:30 a.m.

"We'll stop for breakfast at about the halfway point and return any time after 10:30."

These rides may sound like a relaxing way to spend a Sunday morning, but they are not for weak of heart or body. Each ride is 30 to 50 miles round trip.

Because of a need, Wheeler created a beginners class with rides every other Saturday. Beginner information is available on the same route sheet and newsletters already mentioned.

Wheeler recommends riding a 10-speed bike on these trips. "Some of the members have the new mountain bikes. They look like a BMX bike with the wider, larger tire but scaled to adult size. They have 15 to 18 gears especially suited to riding in mountainous areas."

"The bike market is good right now. You can buy a good quality bike for \$250 to \$300. If you are going to be serious about riding, you need a bike made with quality parts that are going to last," says Wheeler. "A better quality bike will be more enjoyable in the long run."

"I've had my bike for five or six years. It's a Japanese SR model. I probably have 15-20,000

miles on it."

"With the beginners, the most important thing I teach them is how to properly ride in traffic. I push proper riding techniques and stress wearing a helmet for safety."

"The safest bike riders are those who belong to bike clubs."

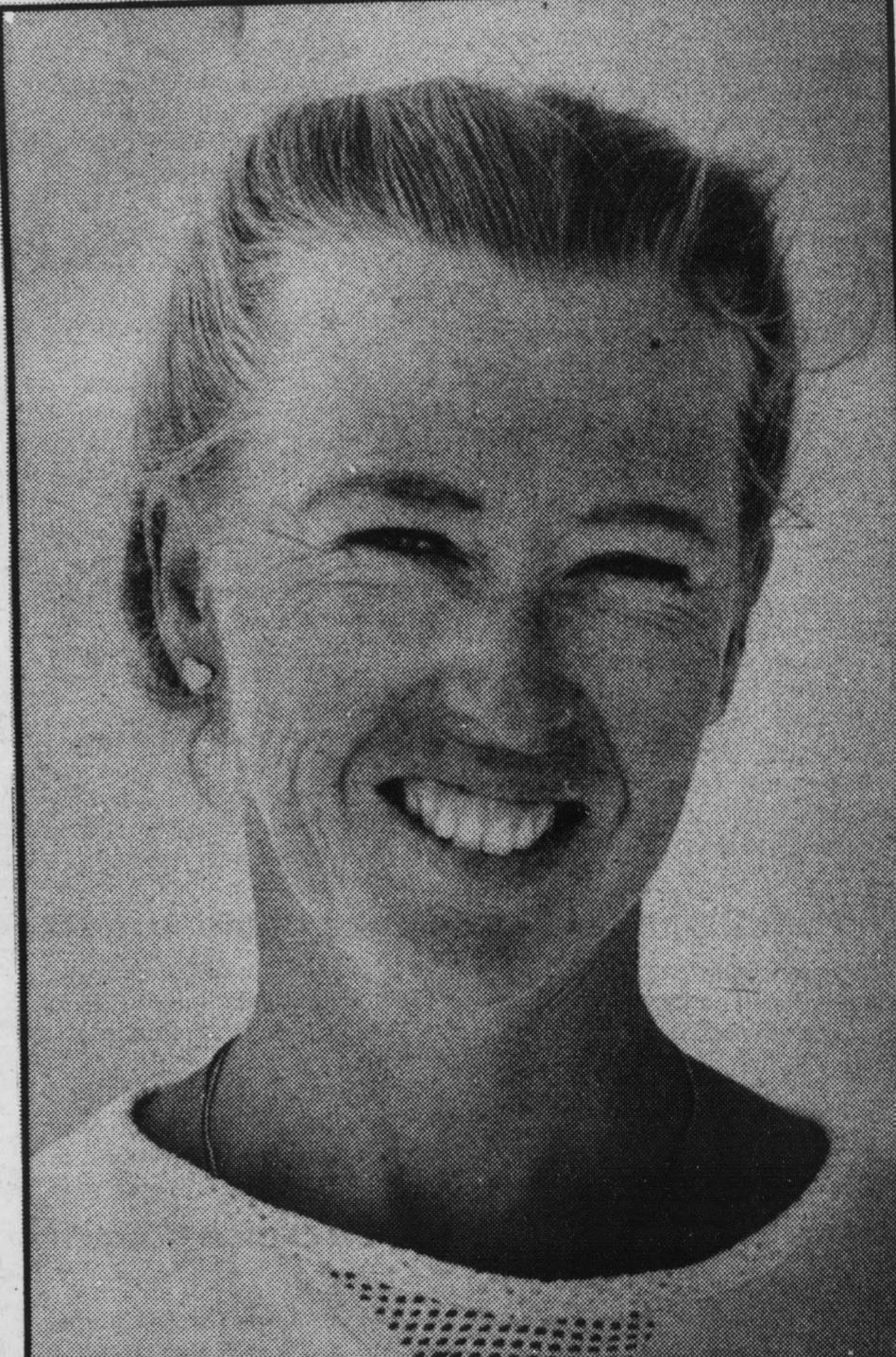
Age is no barrier to riding a bike. Wheeler says his youngest rider right now is 11 and he guesses his oldest is near 60.

"There is a woman riding with us who has toured China by bicycle. She has only one lung, but you would never guess it. She can out-distance the best of us and not be winded."

Bike riding has always been recommended by physicians for its aerobic benefits to the cardiovascular system.

"Riding is a good way to stay in shape. It's relaxing. I commute to work every day by bike. After the ride to Ontario International Airport, I'm warmed up and ready to go."

"I became serious about riding six years ago. I rode my bike from Phoenix to San Diego in five days."



Eric Vilchis

Coach Carol Blohm was all smiles after Upland's CIF effort.

PETS

By R.G. Elmore, D.V.M.
Copley News Service

Q. We have been given a 6-month-old mixed-breed puppy.

Our neighbor believes the dog has ringworm and has scared our children silly. Is it true that humans can get ringworm from pets and other animals?

A. If your dog does have ringworm, your neighbor is justified in being alarmed.

Ringworm is caused by fungi called dermatophytes. Although over 50 dermatophytes are known to affect man, only 12 have been reported to occur in animal species. Three of the four most common organisms causing ringworm can be passed readily between animals and man. *Microsporum canis*, found

commonly in dogs and cats, and *Trichophyton verrucosum* of cattle are frequent causes of ringworm in humans.

Trichophyton mentagrophytes affects both animals and man. *Microsporum gypseum*, a soil inhabitant, also affects both humans and animals.

Young animals are affected more frequently than older ones. The fungi causing ringworm usually invade only the superficial layers of skin, hair and nails. The disease gets its name from the circular lesions

that develop. The sores are raised areas on which the hair is gone. Broken hair shafts may remain on the raised area. The diameter of the sores may reach an inch or greater.

Your veterinarian can determine if your dog has ringworm. Many veterinarians use a special cobalt-filtered ultraviolet lamp to examine the sores for fluorescence, a sign typical of many ringworm cases. In addition, microscopic examination of hairs or scrapings or culturing the

lesions for the causative organisms may be required. Treatment of severe cases usually involves oral medications administered simultaneously with anti-fungal ointments, shampoos or dips.

It should be remembered that ringworm is transmittable, and care should be taken to prevent its spread to people and other animals. Isolation of the infected animal usually is necessary. Contaminated bedding and other articles should be destroyed. Carpets and furniture also can

become contaminated and must be cleaned if the animal is allowed to roam freely in the house.

Any animals suspected of having ringworm should be taken promptly to a veterinarian for diagnosis and treatment.

Questions should be mailed to R.G. Elmore, D.V.M., Points on Pets, Copley News Service, in care of this newspaper. Volume of mail prohibits individual responses. Only questions of general interest will be answered in this column.

Repair tips for projects are offered

DES MOINES, Iowa — Even the smallest dents and scratches mar the appearance of otherwise successful woodworking projects, it is noted in Better Homes and Gardens' Wood magazine.

• To remove small dents or raise minor scratches in wood surfaces, wet and then cover the problem area with a damp cloth. Using a household iron on a dry setting, apply heat to the cloth for 15-second intervals. Take care to avoid scorching the wood.

• To avoid nail splits, Wood suggests you blunt the tip of the nail by tapping it with a hammer to let the nail cut its way into the wood rather than part of the material. Or chuck a proper-sized nail into a drill (you may have to cut off the nail head), pre-drill holes and then hammer and set nails.

• To apply lacquers and polyurethane finishes smoothly, fill a pan with hot water, and set the can of finish on it for a few minutes before use. Raising the material's temperature by only a few degrees — and choosing a polyurethane foam brush as an applicator — will help avoid an uneven look when the finish dries.

Rabies vaccinations, licenses to be given

The Upland Animal Control Department will be giving rabies vaccinations and issuing dog licenses June 5-6 from 6 to 8 p.m.

The clinic will be in the Community Center parking lot, 352 E. C St. Vaccinations are \$3 and licenses are \$12 for dogs which have not been spayed or neutered and \$6 for those which have been. The clinic is for Upland residents only.

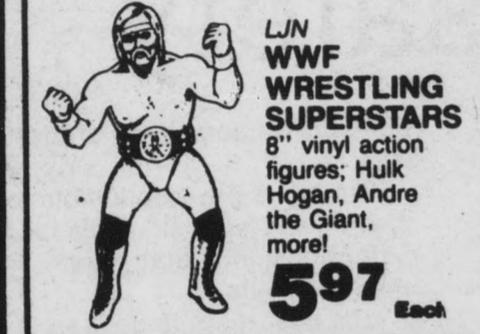
TOYS "R" US®

America's Hottest Toys Are Here!



Mattel
DREAMTIME
BARBIE DOLL
Complete with teddy bear, a brush/comb, nightgown, robe, shoes.

997



LJN
WWF
WRESTLING
SUPERSTARS
8" vinyl action figures; Hulk Hogan, Andre the Giant, more!

597 Each



Mattel
MASTERS OF THE UNIVERSE
BASHASAURUS
Heroic combat vehicle designed for heavy warfare. Fits most Masters figures.

1297



Fisher-Price
BUBBLE
MOWER

1497

SPECIAL OFFER
FROM FISHER-PRICE
Buy this Fisher-Price item plus any other Fisher-Price toy and get a FREE backpack & book by mail from manufacturer.



Kenner
CARE
BEARS
COUSINS

Lovable 13" stuffed pets with their own special tummy symbols. All ages.

1597 Each



Galoob
THE
ANIMAL!

Choose from 3 styles! Power Claw Action for extra traction, working roof lights, more! (Batteries not included)

1897

SPECIAL OFFER FROM TOYS "R" US AND POST CEREALS:
Win a \$1,000 TOYS "R" US shopping spree and more! See specially marked Post cereal boxes for details.

There's a **TOYS "R" US®** near you!

- ANAHEIM
- BURBANK
- CERRITOS

- COVINA
- CULVER CITY
- LA MIRADA

- ONTARIO
- ROSEMEAD
- SAN BERNARDINO

- SOUTH COAST
- TORRANCE
- VAN NUYS
- WOODLAND HILLS

MONDAY - SATURDAY 10:00 AM - 9:00 PM; SUNDAY 10:00 AM - 6:00 PM



Mattel
THE HEART
FAMILY
DELUXE SET
Fabulous new family featuring mom, dad and the kids!

2597



Hasbro
MUSICAL
GLO WORM
Perfect nightlight. Hug and it plays music, lights up. (Two C batteries not included.)

1597



Mattel
MASTERS OF THE UNIVERSE
LAND SHARK
Transports evil warriors into battle. Mouth in front opens, closes when pushed.

1097



Duracell
ALKALINE
BATTERIES

One 9-Volt	258
Two D-Size	258
Two C-Size	258
Four AA-Size	338



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Steven Lindenmuth of Upland Elementary School tries his hand on the police department's bicycle obstacle course.

Children learn bicycle safety

By Suzanne Sproul

Upland Police Department officers say they don't want area children to become another traffic accident statistic.

Bicycle traffic accidents killed 114 people in 1983 and injured 12,034 others. Overall 4,500 people are killed and 300,000 injured annually on California roads.

Gov. George Deukmejian proclaimed May 19-25 as California Traffic Safety Week.

The Upland department is trying to teach youngsters the importance of traffic safety early. Since students in the Upland School District don't drive cars, the department conducted daily programs last week at each of the district's nine elementary schools,

according to Agent Dick Noville.

Noville and fellow officers Walt Landreph and Nancy Weise conducted a bicycle workshop Wednesday morning at Upland Elementary School. Later in the day the workshop was repeated at Valencia School.

"We've set up this bicycle safety rodeo to show the kids the importance of having good riding skills," Noville said.

Upland Elementary students listened to Landreph talk about traffic accidents, bicycle maintenance and bicycle riders' responsibilities.

"Those speeding on a bicycle can and are ticketed," Landreph told the students.

Violators are required to attend Saturday morning traffic programs with their parents. If a child continues to receive

tickets for speeding on his bike, the police department will turn over the case to juvenile hall.

Another bicyclist responsibility is the need for a license. The state requires all bike riders to have licenses. Licenses not only help officers locate an owner if the bike is stolen but they also help them find the parents of a child involved in an accident.

Bicycle maintenance is important too because a non-maintained one can be dangerous, Landreph said.

During a routine bike inspection Tuesday at Foothill Knolls School, Landreph said he found four bicycles without operative brakes.

"Putting your feet on the ground or on the back wheel to stop the bike is wrong and

shouldn't be done," the officer said.

Bike riders are responsible for obeying all traffic signals and restrictions, including hand turning signals.

"The best thing to do is to maintain eye contact with the cars on the road so they know you're there and there won't be any accidents," he said.

"If I can maneuver my 670-pound motorcycle through this course you with bikes should be able to do it easily," Landreph said.

Students who completed the course and showed officers the proper traffic hand signals will receive a certificate.

"We want parents to know we're doing these workshops for their children's protection," Noville said.

to decrease the chances of cancer is vital to the age-slowing process.

"Beta carotene," Dajon said. "It's what we call a free, radical scavenger. It's an anti-oxidant found in green, leafy vegetables that quenches, stops and prevents oxidation of certain tissues in the body."

"People pour more than a gallon of chemicals into their body every year," he said.

Youth/from Page 24

now. People get angry, they get picky. This is what makes them look and feel old."

Rosen said those who have the ability to vent their feelings of frustration about the aging process are the ones who best deal with the crisis. She says people who believe they're "feeling their age" would do well to seek activities outside their homes.

"A lot of times, people worried about being old will say, 'I'm

great, great, great,' when we know that probably isn't true," Rosen said. "People usually feel better if they talk about it. Feeling better is the key to looking better."

A mental and physical partnership for coping with looking old is a prime factor cited by experts on aging and even by nutritionists. Dr. Stephen Dajon of the Institute of Scientific Nutrition in San Diego says that discovering your

spiritual and physical ideals is the key to a youthful look.

"It means taking care of yourself," Dajon said. "When you don't take care of your records or your car, they suffer. When you don't take the garbage out of your house, it starts to stink."

As for basic nutrition, Dajon's advice doesn't differ much from what we hear regularly. One of the basic ingredients that many physicians recommend as a way

Public Notice

NOTICE OF TRUSTEE'S SALE

Trustee's No. 07663
On JUNE 19, 1985 at 10:00 A.M. Shearson/American Express Trust Deed Services, Inc., as Trustee or Successor Trustee or Substituted Trustee, of that certain Deed of Trust executed by KEVIN N. SAVATGY AND THERESA D. SAVATGY, HUSBAND AND WIFE, and recorded SEPTEMBER 21, 1983 as instrument no. 83-220007, of Official Records of SAN BERNARDINO County, California, and pursuant to that certain Notice of Default thereunder recorded FEBRUARY 07, 1985 as instrument no. 85-029869, of Official Records of said County, will under and pursuant to said Deed of Trust sell at public auction for cash, lawful money of the United States of America, at the entrance to the San Bernardino county courthouse, 351 North Arrowhead, San Bernardino, California, all that right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

EXHIBIT "A"

A CONDOMINIUM COM-PRIZE OF:

Parcel No. 1:
An undivided 1/4 interest in and to land Lot 15, of Tract No. 8243, in the City of Upland, County of San Bernardino, State of California, as per Plat recorded in Book 108 of Maps, Pages 46 to 47, records of said County.

EXCEPT THEREFROM THE FOLLOWING:

(A) Units 2, 3 and 4, as shown upon the diagrammatic map recorded in Book 7516, Page 616, Official Records of said County.
(B) The exclusive right to possession to all those areas designated as balconies, patios, storage areas, and garages as shown upon the diagrammatic map above referred to.

Parcel No. 2:
Unit 1 of Lot 15, as shown upon the diagrammatic map above referred to.

Parcel No. 3:
The exclusive right to possession and occupancy of those portions of Lot 15, described in Parcel No. 1 above, designated as parking space No. 1, storage spaces No. 1 and air conditioner condenser No. 1, as appurtenant to Parcels No. 1 and 2 above described.

Parcel No. 4:
An undivided 1/140 interest in and to Lot 26, as shown on said Tract 8243, and said diagrammatic map as aforesaid.

The street address or other common designation of said property: 139 Stillman Way #1, Upland, CA 91786.

Name and address of the beneficiary at whose request the sale is being conducted: SHEARSON/AMERICAN EXPRESS MORTGAGE CORPORATION, 1201 East Highland Avenue, San Bernardino, CA 92404.

Directions to the above property may be obtained by requesting same in writing from the beneficiary within 10 days from the first publication of this notice.

Said sale will be made without covenant or warranty, express or implied, as to title, possession or encumbrances to satisfy the unpaid balance due on the note secured by said Deed of Trust, to wit: \$54,157.79, plus the following estimated costs, expenses and advances at the time of the initial publication of this Notice of Sale: estimated trustee's fees and costs in the amount of \$1,355.36, plus interest on the unpaid principal balance at the rate of 13% per annum from 07-01-84 to date of sale, plus any advances the beneficiary may be authorized or obligated to pay prior to sale, plus late charges.

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED SEPTEMBER 09, 1983, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

DATED: MAY 08, 1985.
SHEARSON/AMERICAN EXPRESS TRUST DEED SERVICES, INC.

as Trustee
/s/GWEN A. CLEVELAND
Assistant Vice President
1201 East Highland Avenue
San Bernardino, CA 92404
(714) 886-7951,
886-7811, ext 376,377

Publish: May 23, 30; June 6, 1985
Upland News
T41259 (DC5751)

You get sure-fire results with a classified ad. Pick up the phone and start one working for you. Call 983-3511.

Public Notice

NOTICE OF
DEATH OF
GAY DEE CRAIG
AND OF PETITION TO
ADMINISTER ESTATE
CASE NO. PW-4907

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate of: GAY DEE CRAIG.

A petition has been filed by MICHAEL PIERCE, aka MICHAEL SHAYNE PIERCE in the Superior Court of San Bernardino County requesting that MICHAEL PIERCE, aka MICHAEL SHAYNE PIERCE be appointed as personal representative to administer the estate of the deceased.

The petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held on June 7, 1985 at 8:30 A.M. in Dept. 6, located at 1540 North Mountain Avenue, Ontario, California 91762.

IF YOU OBJECT to the granting of the petition, you should either appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 700 of the California Probate Code. The time for filing claims will not expire prior to four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may serve upon the executor or administrator, or upon the attorney for the executor or administrator, and file with the court with proof of service, a written request stating that you desire special notice of the filing of an inventory and appraisal of estate assets or of the petitions or accounts mentioned in sections 1200 and 1200.5 of the California Probate Code.

Attorney for petitioner: ALTHOUSE & BAMBER, Post Office Box 698, Upland, CA 91785.

By: KATHLEEN BERWIND FLANNERY
Attorney for Petitioner
Publish: May 16, 23, 30, 1985
Upland News (DC5097)

NOTICE OF TRUSTEE'S SALE
Loan No. 11078/LAMB
T.S. No. A-33467
UNIT CODE A

T.D. SERVICE COMPANY as duly appointed Trustee under the following described deed of trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH AND/OR THE CASHIERS OR CERTIFIED CHECKS SPECIFIED IN CIVIL CODE SECTION 2924h (payable at time of sale in lawful money of the United States) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property hereinafter described:

TRUSTOR:
LEO E. LAMB

VIRGINIA LEE LAMB
BENEFICIARY: WILMING-
TON SAVINGS AND LOAN AS-
SOCIATION
Recorded June 22, 1979 as Instr.
No. 170 in Book 9713 page 296 of
Official Records in the office of
the Recorder of San Bernardino
County; said deed of trust de-
scribes the following:

Parcel No. 1: The North 100 feet of Lot 4, Mays Subdivision, in the County of San Bernardino, State of California, as per Plat thereof Recorded in Book 5 of Maps, Page 31, Records of said County. Parcel No. 2: The East 10 feet of Lot 4, Mays Subdivision, in the County of San Bernardino, State of California, as per Plat thereof Recorded in Book 5 of Maps, Page 31, Records of said County. Excepting therefrom the North 100 feet thereof.

YOU ARE IN DEFAULT UN-
DER A DEED OF TRUST DAT-

Public Notice Cont.

ED 6-13-79. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

1277-78-81 25th St., Upland, CA 91786

"If a street address or common designation of property is shown above, no warranty is given as to its completeness or correctness." The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby, heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written notice of breach and of election to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of breach and of election to be recorded February 14, 1985 as Instr. No. 85-03451 of Official Records in the office of the Recorder of San Bernardino County;

Said Sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, fees, charges and expenses of the Trustee and of the trustee created by said Deed of Trust.

Said sale will be held on: Thursday, June 20, 1985, at 2:30 p.m. at the main entrance to the County Courthouse, 351 N. Arrowhead, San Bernardino, CA.

At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described deed of trust and estimated costs, expenses, and advances is \$10,842.68.

The total indebtedness being an estimate on which the opening bid is computed may be obtained by calling (714) 385-4837 or (213) 627-4865 the day before the sale.

Date: May 15, 1985.

T.D. SERVICE COMPANY
as said Trustee
By: WANDA McMILLION
Assistant Secretary
601 South Lewis St.
Orange, CA 92668
(714) 385-4700

Upland News
TAC 3126 (DC6556)

NOTICE INVITING BIDS

Notice is hereby given that the City of Upland will receive sealed bids for the following:

CONSTRUCTION OF SWITCHBOARD REPLACEMENT 15TH STREET PUMPING STATION (Project No. 144-84-4)

Specifications and bid blank may be obtained in the Purchasing Department, 460 N. Euclid Avenue, Upland, California. Bids must be returned before 2:00 p.m., June 12, 1985, at which time said bids will be opened and publicly read in the City Hall, Upland, California.

The City Council of the City of Upland reserves the right to reject any and all bids, to accept a minor variance in a bid, to reject and/or waive a variance in a bid, to waive any informality in a bid or accept the bid or bids that best serves the interest of the City.

/s/S. LEE TRAVERS
City Manager
City of Upland

Upland News
May 30; June 6, 1985
(DC6562)

NOTICE OF TRUSTEE'S SALE
TRUSTEE SALE NO.
85-1014

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08-24-84. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On 06-06-85 at 11:30 A.M. TRUST DEED AGENCY as the duly appointed Trustee under and pursuant to Deed of Trust, Recorded on 09-25-84 as Document no. 84-229900 of Official Records in the office of the Recorder of SAN BERNARDINO County, California, executed by: ROBERT P. VILLARREAL & BONNIE M. VILLARREAL & HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH.

(payable at time of sale in lawful money of the United States) AT THE MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 351 NORTH ARROWHEAD AVE., SAN BERNARDINO, CA 92401 all right, title and interest conveyed to and now held by it under said Deed of Trust in the

Public Notice Cont.

property situated in said County, California describing the land therein:

LOT 10, ACCORDING TO MAP OF C.P. LYNDALL'S SUBDIVISION OF LOT 176, ACCORDING TO MAP OF ONTARIO, IN THE CITY OF UPLAND, IN THE COUNTY OF SAN BERNARDINO, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 5 OF MAPS, PAGE 82, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, fees, charges and expenses of the Trustee and of the trustee created by said Deed of Trust.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to be recorded in the county where the real property is located.

Date: 05-02-85.

TRUST DEED
AGENCY
TRUSTEE
By: s/PATTY LE BRUN
Branch Manager
600 N. Mountain Ave.
Suite C200
Upland, CA 91786
(714) 946-4246

Upland News
May 16, 23, 30, 1985
8387 (DC5081)

NOTICE OF DEATH OF JANE HAYES
AND OF PETITION TO ADMINISTER ESTATE
CASE NO. PW-4914

To all heirs, beneficiaries, creditors, and persons who may be otherwise interested in the will or estate of: JANE HAYES.

A petition has been filed by PETER LIND HAYES in the Superior Court of San Bernardino County requesting that PETER LIND HAYES be appointed as personal representative to administer the estate of the deceased.

The petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held on June 7, 1985 at 8:30 A.M. in Dept. 6, located at 1540 North Mountain Avenue, Ontario, California 91762.

The City Council of the City of Upland reserves the right to reject any and all bids, to accept a minor variance in a bid, to reject and/or waive a variance in a bid, to waive any informality in a bid or accept the bid or bids that best serves the interest of the City.

/s/S. LEE TRAVERS
City Manager
City of Upland

Upland News
May 30; June 6, 1985
(DC6562)

NOTICE OF TRUSTEE'S SALE
TRUSTEE SALE NO.
85-1014

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08-24-84. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On 06-06-85 at 11:30 A.M. TRUST DEED AGENCY as the duly appointed Trustee under and pursuant to Deed of Trust, Recorded on 09-25-84 as Document no. 84-229900 of Official Records in the office of the Recorder of SAN BERNARDINO County, California, executed by: ROBERT P. VILLARREAL & BONNIE M. VILLARREAL & HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH.

(payable at time of sale in lawful money of the United States) AT THE MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 351 NORTH ARROWHEAD AVE., SAN BERNARDINO, CA 92401 all right, title and interest conveyed to and now held by it under said Deed of Trust in the

Public Notice Cont.

mentioned in sections 1200 and 1200.5 of the California Probate Code.

Attorney for petitioner: JAMES S. BAKER, 401 S. Main St., Suite 207, Pomona, CA 91766.

/s/JAMES S. BAKER
Attorney for Petitioner

Publish: May 16, 23, 30, 1985
Upland News (DC5095)

NOTICE OF TRUSTEE'S SALE
T.S. No. 675136
APR 1008-122-01

YOU ARE IN DEFAULT UN-
DER A DEED OF TRUST DATED
5-21-84. UNLESS YOU TAKE
ACTION TO PROTECT YOUR
PROPERTY, IT MAY BE SOLD
AT A PUBLIC SALE.

IF YOU NEED AN EXPLANATION
OF THE NATURE OF THE
PROCEEDING AGAINST
YOU, YOU SHOULD CONTACT
A LAWYER.

TICOR TITLE INSURANCE
COMPANY OF CALIFORNIA,
a corporation, formerly
Title Insurance and
Trust Company, as
personal representative
appointed by the court
within four months from
the date of first issuance
of letters as provided in
section 700 of the California
Probate Code.

On June 6, 1985 at 9:00 A.M.,

TICOR TITLE INSURANCE
COMPANY OF CALIFORNIA,
a corporation, formerly
Title Insurance and
Trust Company, as
personal representative
appointed by the court
within four months from
the date of first issuance
of letters as provided in
section 700 of the California
Probate Code.

WILL SELL AT PUBLIC AUCTION
TO HIGHEST BIDDER FOR
CASH.

IF YOU ARE A CREDITOR
or a contingent creditor
of the deceased, you
must file your claim with
the court or present it to
the personal representative
appointed by the court
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of letters as provided in
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appointed by the court
within four months from
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of letters as provided in
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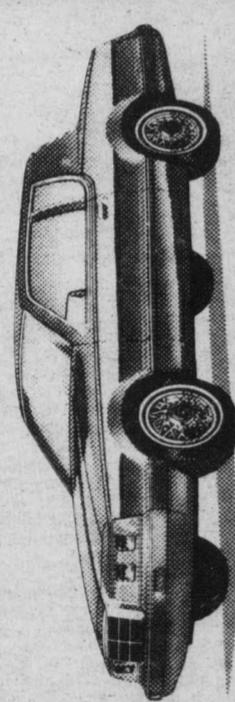
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\$750 Cash or trade down and 48 monthly payments, a total of \$7288.08 is all you pay the Pre-Trade Way. 5 spd. trans., power brakes, power steering, air-cond., tinted glass, am-fm stereo, front wheel drive, handling suspension and much more.

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LEASE

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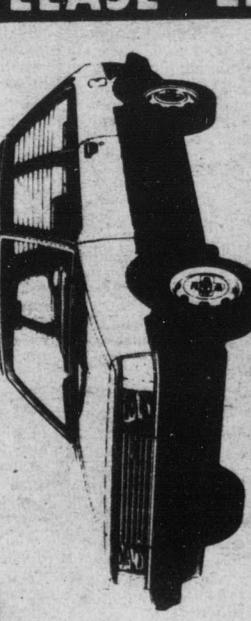
60 mos., CAP cost \$5739; Res. \$2447.55; Cap Red. \$1,000; Total Incaption Cost \$1457.80.

3 door Hatchback, 4 sp., rear window defroger, cargo cover, bucket seats & MUCH, MUCH MORE!

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at a Super Price!

'85 Mazda 626 Sports Sedan

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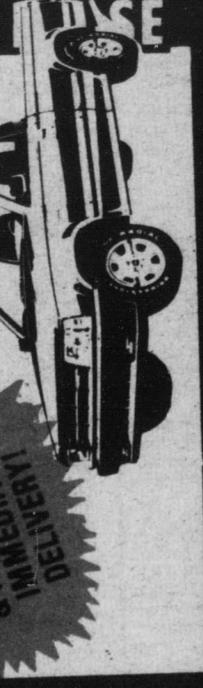
S/N 736726

S/N 958444

60 Mos. CAP Cost \$1197.36; Res. \$6518.47; Cap Red. \$1,000; Total Incaption Cost \$1666.13.

5 spd. AM/FM stereo, mag wheels, rear window defroger, air, plush floor mats, & MUCH, MUCH MORE!

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Air Cond. Mags, stereo cassette, Lic. INPL692
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1984 HONDA ACCORD LX
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